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Our college leads the way promoting wellness and selfcare initiatives within the curriculum and our community. All students are welcome to take any track electives, but the Wellness and Integrative Medicine track allows students a deeper focus on selfcare, expands wellness into their pharmacy practice and how they will approach patients. Our Wellness Committee is also very active providing required class information sessions P1-P3 years, covering topics including healthy eating, empathy, stress, burnout, and financial wellness. Each semester they offer "Wellness Week", and other mind and body sessions throughout the year.

Wellness & Integrative Medicine Track Requires 2 of 3 Curricular Track Electives + Faculty APPE

Focused Wellness Electives:

Integrative Approaches for Burnout Prevention in Health Professions Students (PHAX 415)

Includes origins of burnout and pathophysiology of stress, resilience, work habits, selfcare, spiritual components of wellness, social connections, sleep, and integrative medicine approaches to healing

"This course helped us learn through each other's experiences in a small group setting. I have never learned this way in a course, and I found it very beneficial because it provided me a chance to be honest and share my genuine experiences with someone who I trust."

"Open and honest communication with a focus on self-discovery."

Integrative Pharmacy (PHAX 441)

Course covers evidence-based use of botanicals, supplements, food as medicine, mind-body medicine, and an overview of Eastern medicine approaches.

"This course was wonderful and introduced many new ways to approach health. I am grateful to have experienced it because it broadened my mind and made me look at health in a new way."

"I really enjoyed taking this course and learned a lot about different parts of pharmacy I wasn't very familiar with. Lectures were short but gave a good introduction to the material, then students were placed in groups to research different aspects of the topic. It reinforced a lot of learning and helped find materials online to learn more, as well as what other students found in their own research. I loved this part of the course."

Lifestyle Medicine (PHAX 422)

Explore the relationship of lifestyle and health to improve students' own wellbeing to enhance their empathy for others and patients by using specific tools that can enrich patient health, wellness, and their own vitality

"I had a positive experience in Lifestyle Medicine. I learned things I would not have learned in any other class, and it will help me become a better provider because of a better mindset. Taking care of myself is just as important as taking care of my patients. Sometimes in pharmacy school, I lose sight of that. Since the beginning of this semester, I already noticed myself taking time to reflect and improve my mindset."



Wellness Committee Activities P1-P3 Class Information Sessions, Wellness Week & Community Outreach

Wellness Committee student and faculty volunteer members organized the following:

Wellness Week:

- Occurs two weeks prior to finals each semester, generally during lunch hours
- All welcome = P1-P3 students, staff, faculty, incoming accepted pharmacy students, prospective undergraduate pre-pharmacy students and their family members join in wellness week activities

Wellness Week Activities:



Class Information Sessions focused on Wellness:

P1 class session examples included:

- Resilience
- Sleep hygiene
- Financial wellness
- Fueling the body (trail mix making activity)
- Surviving Finals

Community Events & Outreach:

UNE SOP Events:

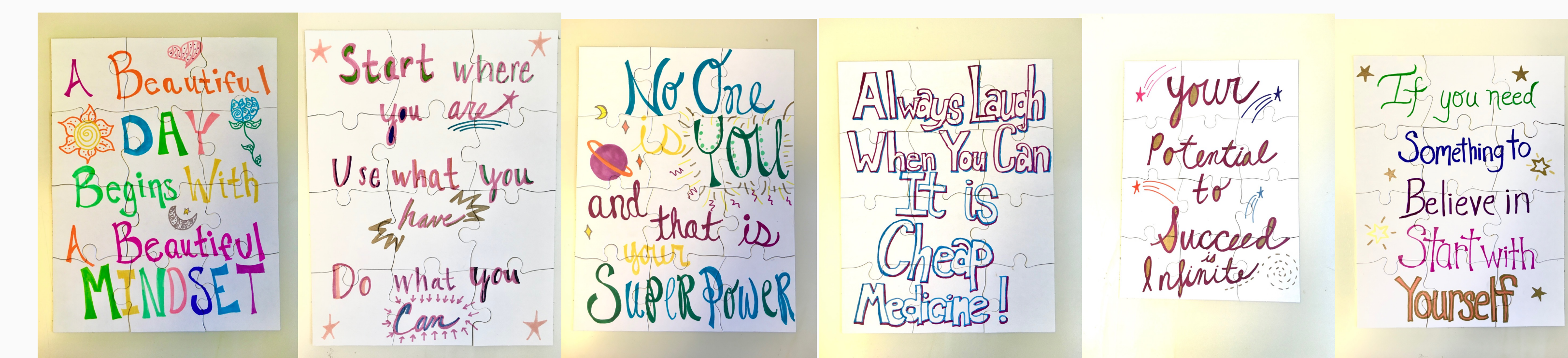
- Wellness Scavenger Hunt
- Virtual bingo

Greater Portland Community Events:

- Brown Bag Medication Reviews – Pharmacy faculty and students volunteered at a local community center
- Peanut Butter and Jelly Fundraiser – Sandwiches were donated to a local homeless shelter
- Boys & Girls Club Festival – Students and faculty brought pumpkins for children to paint for Halloween



Wellness Scavenger Hunt Puzzles:



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