

Workshops and Resources



Workshops on health and wellness

The Resident Wellness Office offers wellness related workshops that are relevant to the unique needs of residents. These workshops are informative, useful, interactive and fun. If there is a workshop that you think would be most relevant to your program and you would like us to present, please contact us and we can arrange to do so. If there is a topic that is not on our list that you would like us to present on, please contact us to inquire.

Currently, the following workshops are available:

- Time Management in Residency
- Mindfulness in Medicine
- Managing Stress and Increasing Resiliency
- Increasing Happiness and Subjective Well-Being during Residency

Up-to-date online resources and wellness library



Looking for quick healthy recipes? Articles on how to prevent burnout, manage exam stress, or get through call shifts? It's all on our Wellness Blog and website. You will also see news and community events that are put on by the Resident Wellness Office. Check it out at www.postgrad.med.ubc.ca/resident-wellness.

If you are looking for a hard copy of a wellness-related book, check out our Wellness Library online. We have books on relationships, mindfulness, time management and surviving residency to name a few. We lend books to residents free of charge, and will ship (for free!) to any location across BC. To inquire, contact us at 1 855 675 3873 or email: resident.wellness@ubc.ca.

