

Interested in learning about Resilience tools?

Enroll in WISER (Web-based Intervention for the Science of Enhancing Resilience)

Who: Healthcare workers 18 and older are eligible (clinical and non-clinical)

What:

- WISER is an evidence-based resilience tool for busy healthcare workers. It is an interactive, text-message based intervention that lasts 10 days.
- Participants will receive 10 daily texts, each with a link to a brief resilience enhancing activity, then follow-up at 1, 6, and 12 months.

Why:

- Burnout impacts 1 out of 3 healthcare workers, and there are simple tools that help individuals recover from burnout
- Participation in WISER will potentially enhance your own well-being, and the well-being of your co-workers and patients
- Participation will contribute to research on interventions for healthcare worker burnout
- Eligible Participants can receive 10 hours of CME / ANCC credit (nursing): cat 1 AMA

When:

- WISER start date: First text message sent July 9th, 2018

Where: watch 2.5 minute demonstration video: bit.ly/demowiser

To enroll, visit bit.ly/3wiser