



Sharp HealthCare Online Education

Mindful Resilience in Challenging Times

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Educational Objectives: Following this **knowledge** activity, participants should be able to:

1. Define resilience
2. Discuss mindfulness as a tool for building resilience
3. Describe one mindfulness practice you can do to develop resilience

Target audience: All Sharp-affiliated physicians, physician extenders, pharmacists and pharmacy technicians.

Registration is complimentary. No pre-registration is required.

Commercial Support: None

1. Visit, <https://sharp.cloud-cme.com/Mindfulness>. If you are not already logged into the CME Portal, it will prompt you to **sign in** first.
2. Select **Content**.
3. Select **Launch Video** to view the content. If you wish to have a copy of slides for notes and following along, please download a copy of the slides via the link available in the content description.
4. If you see a message asking you to "**disable pop-up blocker**", you will need to change your browser's settings to view the module. This article describes how to turn off your Pop-up Blocker: <https://support.scorm.com/hc/en-us/articles/360026015834-How-to-Enable-Pop-up-Windows>.
5. Complete **Posttest**. Select **Show Results** (upper right) to proceed directly to the evaluation.
6. Complete **Evaluation**. **This is required** to earn credit and received certificate. Do not skip.
7. **Certificate** is **emailed to you automatically**, forward to relevant administrator as needed.

Need help? Please call the **CME Department** at **858-499-4560** or email cme@sharp.com

Total completion time: 60 minutes



Accreditation: Sharp HealthCare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. **CME Credit:** Sharp HealthCare designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity. **PA Credit:** PAs may claim a maximum of 1.0 Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. **NP Credit:** AANPCB accepts AMA PRA Category 1 Credit(s) issued by organizations accredited by ACCME as an equivalent number of hours of participation. 1 AMA PRA Category 1 credit = 1 contact hour.



ABIM MOC Credit: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.0 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit



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