



SCHOOL OF
MEDICINE

Positive Psychology for Medical Students

We find the phrase splattered across Instagram and coffee mugs, but what does it mean to "live your best life"? Is such a thing even possible given the stress and demands of medical school?

This seven session Positive Psychology Workshop Series for Medical Students explores these questions and provides basic training to enable your own journey towards realizing your dreams and living life to its fullest in the face of stress.

Workshop Dates

- Session 1: July 29, 2021
- Session 2: November 11, 2021
- Session 3: January 13, 2022
- Session 4: March 17, 2022
- Session 5: June 16, 2022
- Session 6: August 11, 2022
- Session 7: December 15, 2022

. . .

**All Sessions take place from
12 – 1 PM
Lunch will be provided.**

Course Materials



Free PDF of Dr. Bruce Smith's workbook, *From Surviving to Thriving* (Workbook Contributions by CAPP members)

Scan or click the QR code to download the pdf

Prerecorded lectures by award winning UNM Professor, Dr. Bruce W. Smith

Scan or Click the QR Code to Sign up for the Course



Faculty Supervisor and Coordinator: Professor Swasti Shrimali Vohra, PhD

**Center for Applied Positive Psychology (CAPP) Volunteers:
Naila Decruz-Dixon, MS, Gwendolyn Maly, Savannah Ibarra, Gabriella I. Atencio**