

Month	Topic	Dimension of Well Being
January	How to Use Your Well Being Resources: Peer Coaching	All: Emotional, Relational, Physical, Spiritual, Financial/Legal, Professional
February	Family: Parenting and Spouse/Partner Relationships	Relational
March	National Doctor's Day, Reclaiming Your Passion for Practice and Coping Skills During the Pandemic	Emotional
April	Moral Injury	Emotional
May	The long haul of COVID-19 (PTSD, PTG); Supporting mental health post COVID-19 • May is Mental Health Month	Emotional
June	How to Use Your Well Being Resources: WorkLife Concierge	All: Emotional, Relational, Physical, Spiritual, Financial/Legal, Professional
July	Valuing your relationships with colleagues/care teams and understanding differences (different cultures, ethnicities, languages, communication, etc.)	Professional, Relational
August	How to Use Your Well Being Resources: Financial/Legal Consultations & Resources	Financial/Legal
September	National Physician Suicide Awareness Day September 17; Second Victim Syndrome	Emotional
October	Mindfulness and self-care	Physical
November	How to Use Your Well Being Resources: VITAL WorkLife App	All: Emotional, Relational, Physical, Spiritual, Financial/Legal, Professional
December	2021 Recap	All: Emotional, Relational, Physical, Spiritual, Financial/Legal, Professional

Please Note: Topics may be subject to change based on prioritization of subject matter related to pressing issues or notable events impacting healthcare. In these instances, we will shift priorities to cover such a topic or event. Thank you for understanding our need to have some flexibility in order to provide our clients with the most relevant content.