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At Perelman, wellness is defined as a dynamic and ongoing process involving self-awareness and healthy choices resulting in a successful, balanced lifestyle.

The goals of our wellness program are to:

- Enable a medical school experience of growth and professional maturation
- Promote medical student wellness as a means of supporting and sustaining an inclusive medical school community
- Foster self-care as a critical element of physician professionalism

PEOPLE

The Perelman Wellness Program involves the coordinated efforts of:

FACULTY LEADERS

Program for Diversity & Inclusion and the Office of Student Affairs

STUDENT LEADERS

Diversity & Inclusion Student Advisory Committee, Gold Humanism Honor Society, House Councils & Medical Student Government

PATH WAYS

ACADEMIC SUPPORT & CAREER COUNSELING

Tutoring, study and test-taking skills, clinical coaching

FACULTY ADVISING & MENTORING

Advisory Deans, Diversity & Inclusion Deans, Doctoring preceptors, Master Clinicians

CURRICULAR PROGRAMMING

Personal Resilience curriculum, Doctoring courses

ELECTIVE PROGRAMMING

Healer's Art, yoga, Mind-Body-Meditation, MS1 Hiking Trip, free membership to Penn gyms, cultural & religious affinity groups, embedded counseling and psychological services

PRINCIPLES

The five components of the Perelman Wellness Program are illustrated below.

Emotional & Spiritual

Understand and cope with feelings, growth in sense of meaning in life

Intellectual

Expanding one's knowledge, skills and creativity

Academic & Career

Managing stress of academic
performance & career decisions



Physical

Habits of eating, rest & exercise to sustain health

Social

Creating positive relationships