



ACP Well-being Champions and Chapter Leaders can use these interventions to meet the specific needs of their local chapter members and promote internist well-being and professional fulfillment in their communities. These interactive events and discussion resources focus on community building efforts. For example, these materials could inform didactic facilitated discussion sessions, informal chats, and social media posts.



Webinar Recording:

- [Mini but Mighty Skills for Well-being](#) - Dr. Carrie Horwitch guides you through several attainable ways to drive positive change and secure leadership buy-in for your well-being efforts (CME Eligible, 17 min).



ACP Adaptable Presentation:

- Interprofessional Happy Hours as a Wellness Experience - an adaptable PPT template for use at Chapter meetings, well-being committee meetings, or other areas of your institution. [Download PPT](#).
- Interprofessional Well-being Happy Hour Facilitator Guide - a Word Doc guide to facilitating the happy hour meeting and using the slide template. [Download Word Document](#).



Article:

- ACP I.M. Thriving - [discover how Missouri Well-being Champion Fariha Shafi is bringing well-being to her chapter through social media and virtual meet-ups](#).



Tool Kits:

- [Professional Health and Wellness Mini-Portfolio](#) - to help you reflect on, document current practices, and envision activities and behaviors that promote self-care and professional health and wellness. PDF opens online.
- [Curated Positive Psychology Exercises by Dr. Kerri Palamara](#) - a few ideas to share based on positive psychology principles. Word Document opens online.