

An Introduction to Wellness, How One Lives Effectively (WHOLE)

With Rebecca Wysoske, MD, and Alyson Hanish, Ph.D., MSN, RN

Tuesday, April 18, 2023, 12:00 p.m. – 1:00 p.m. CT/11:00 a.m. – 12:00 p.m. MT

Register [HERE!](#)

In this session, we will introduce the audience to **Wellness. How One Lives Effectively (WHOLE)**. This program is based on tools such as Mindfulness-Based Stress Reduction (MBSR), Stress Management & Resilience Training (SMART), & Acceptance & Commitment Therapy (ACT). The Eight Dimensions of Wellness, a guide to wellness developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), forms the framework for this program. We will discuss techniques for relaxation, meditation, social connectedness, values vs. goals, time management, priority setting, thought distortions, humor, and many other elements of wellness. This session will use exercises and robust group interaction to provide a dynamic, fun, and informative learning opportunity.

Who Should Attend?

- ✓ **Critical Access Hospital Staff**
- ✓ **Long-Term Care Facility Staff**
- ✓ **Hospital Human Resource Managers**
- ✓ **Healthcare Leaders**
- ✓ **Public Health Professionals**
- ✓ **Emergency Preparedness Professionals**

For more information about the UNMC College of Public Health's ECHO program for Critical Access Hospitals, [click here.](#)

Rebecca Wysoske, MD

Assistant Professor

College of Medicine, Department of Psychiatry, University of Nebraska Medical Center

Dr. Wysoske practiced Internal Medicine and Infectious Disease for ten years in both academic and private practice settings. She was Associate Program Director for an Internal Medicine/Pediatrics residency at Texas Tech University Health Sciences Center in Odessa, Texas, and still enjoys teaching residents and students. During her years of treating acute and chronic medical conditions, she recognized the role that mental health plays in the lives of patients with medical issues. She returned to the Omaha area and completed a second residency, this time in psychiatry, in order to be able to address these needs. Dr. Wysoske is an adult psychiatry provider, where she sees adult patients with a wide variety of diagnoses, including psychotic disorders, psychiatric problems associated with developmental disabilities and traumatic brain injury, mood disorders, and anxiety disorders. She is also working closely with the campus Wellness program to teach Stress Management and Resiliency to students, faculty, and staff, as well as patients.



Alyson Hanish, Ph.D., MSN, RN

Assistant Professor

College of Nursing, University of Nebraska Medical Center

Dr. Hanish is an assistant professor at the University of Nebraska Medical Center College of Nursing. She received her Bachelor of Science in Nursing, Master of Science in Nursing, and Ph.D. in Nursing degrees from the University of Iowa in Iowa City, IA. Dr. Hanish completed a predoctoral fellowship intramurally at the National Institutes of Health. She completed postdoc training at the UNMC College of Nursing and the Munroe Meyer Institute for Genetics and Rehabilitation. Dr. Hanish's research focuses on the neurobiology of sleep and sleep/wake disturbances in pediatric populations at risk for sleep problems, such as children and adolescents diagnosed with autism spectrum disorder and attention-deficit/hyperactivity disorder. Dr. Hanish was PI of an NIH-funded study titled: *A SMART Design to Improve Sleep Disturbance in Adolescents with Neurodevelopmental Disorders* (1K01NR017465-01A1, 2019 - 2022). She is currently the program director of an HRSA-funded wellness initiative titled *Nebraska Collaborative Investment in Nurses* (U3NHP45394-01-00, 2022-2024).

