



MUSC Resiliency Program

Sleep and Anxiety Treatment and Research Program Department of Psychiatry and Behavioral Sciences Medical University of South Carolina

Responding to the COVID-19 pandemic in our community can have a significant impact on MUSC healthcare providers. Stress management and fostering resilience is essential to our well-being, and to our ability to provide ongoing care. The Department of Psychiatry and Behavioral Sciences offers resources and services to MUSC/MUSC Health faculty and employees that have been emotionally affected by COVID-19.

In addition to current resources of MUSC's Employee Assistance Program (EAP), the MUSC Resiliency Program provides a range of services to foster individuals, teams, and units.

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Available MUSC Resiliency Program activities:

Free Virtual Clinical Support Sessions

MUSC, MUHA, and MUSC-P faculty and staff can be seen for free brief stress management and resiliency bolstering individual telehealth or in person clinical support sessions. These confidential sessions focus on learning tools to manage and cope with stressors.

Virtual Webinar Workshops

Information through virtual or in person webinar approaches can be provided to units and teams. Topics can be tailored for each group. Topics include Living Your Best Work Life, Stress and Resilience 101, Getting Restful Sleep, Mindfulness, Team Building and Support. We regularly offer a Compassion, Purpose, Resilience half day workshop free for MUSC healthcare providers.

Virtual Facilitated Support Sessions

Support sessions for teams, units, and groups can be facilitated by staff and/or consultation on peer support.

Resilience Curriculum

Self-care and coping curriculum available to encourage application of resilience skills within team meetings, shift changes, and huddles.



Changing What's Possible