

# Prct 486: Resiliency in Professional Life

Health is defined as an optimal state of physical, emotional, mental, social, and spiritual well-being. The focus of this course is cultivating well-being and resiliency in the workplace. Students will explore strategies and resources that can lead to meaning throughout one's career.

Z grade. 2 Credits

## Prerequisites

• Pre-Requisite P3 Status

### Instruction Type(s)

• Lecture: Lecture for Prct 486

#### **Subject Areas**

Health and Wellness, General

#### **Related Areas**

Health Services/Allied Health/Health Sciences, General

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

