

Resident Wellness and Resiliency: Taking an Active Role in Resident Well-being

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Essentia Health – Fargo first developed our Wellness and Resiliency Program for the 2022-2023 residency year. Based on feedback from residents and reflection of the Wellness Program leaders, adjustments were made to expand and promote further success in the 2023-2024 residency year.

The purpose of this program is to provide a space for residents to discuss their wellbeing and address any concerns throughout the year. The opportunity to participate was offered to all Essentia residency sites, and currently the group includes residents from Fargo, Brainerd, and Duluth.

The intention of this round table session is to promote conversations and idea-sharing among different residency programs across the state of North Dakota. A primary goal is to ensure adequate wellness support is available to residents in a variety of settings.