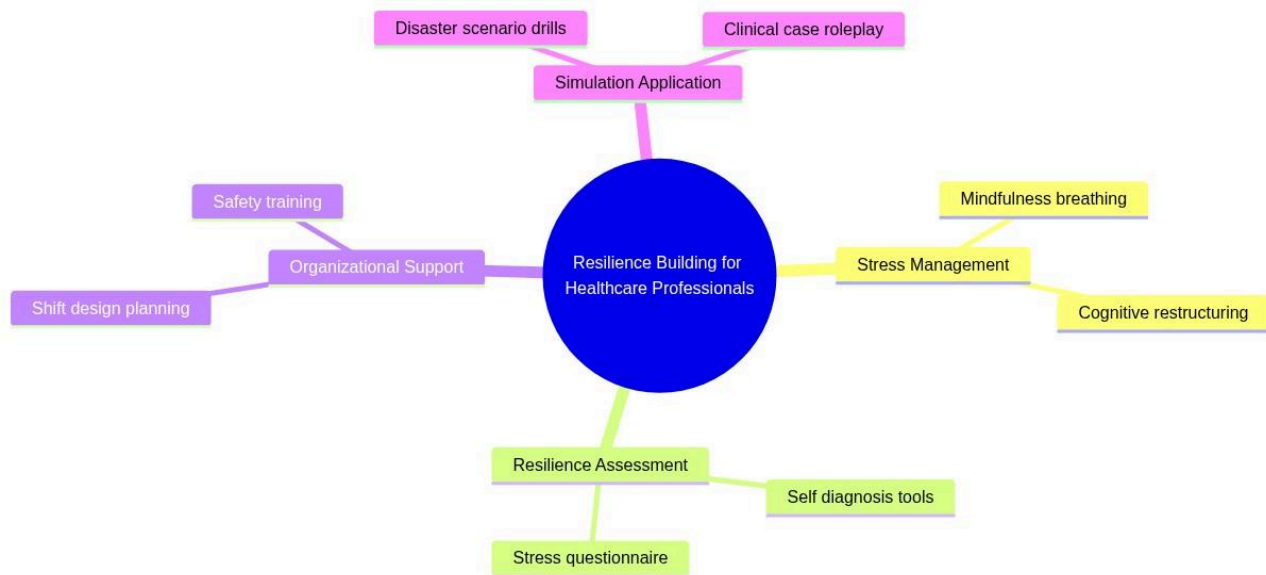


Certificate Programme in Stress Management for Healthcare Personnel

Resilience Building for Healthcare Professionals



mindmap

```

root((Resilience Building for Healthcare Professionals))
  Stress Management
    Mindfulness breathing
    Cognitive restructuring
  Resilience Assessment
    Self diagnosis tools
    Stress questionnaire
  Organizational Support
    Shift design planning
    Safety training
  Simulation Application
    Disaster scenario drills
    Clinical case roleplay
  
```