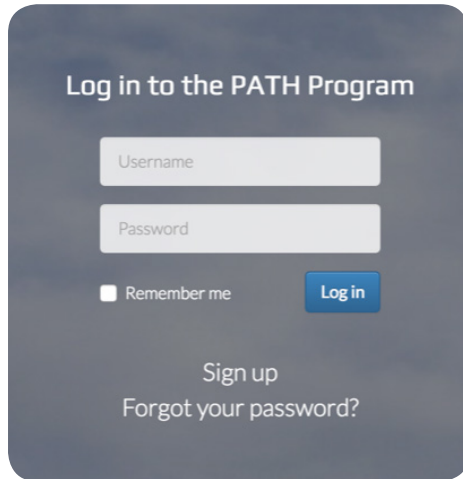


To use the programs go to
path.dartmouth.edu



- Click on “Sign up”
- Create a username and password
- Select I don't have a token

Questions or feedback?

To provide feedback directly to the developers please click the “Provide Feedback” button with the Path program

For questions please contact the Space Medicine Innovations Lab

(603) 646-5331

Space.Medicine.Lab@Dartmouth.edu

WHO WE ARE

The team in the Space Medicine Innovations laboratory has a longstanding interest in developing self-directed, interactive-media-based tools to help people improve their skills managing stress, resolving conflict, and improving mood. This training which was initially developed for spaceflight provides lifelong skills to be resilient and function well.

Lab members

Jay C. Buckey, M.D.

Abigail Fellows, Lab Manager

Devin Cowan, Research Programmer



Dartmouth
GEISEL SCHOOL OF
MEDICINE

*This program is offered through
a research study at the
Geisel School of Medicine at Dartmouth*



**Troubled by conflicts with others,
high stress, or a low mood?**

Join a research study designed to test the PATH program

PATH is a set of web-based, interactive self-help tools to:

SOLVE

Improve mood and reduce stress using self-directed programs guided by expert mentors

TRAIN

Learn key skills for reducing stress, managing conflict, and enhancing performance

SELF-ASSESS

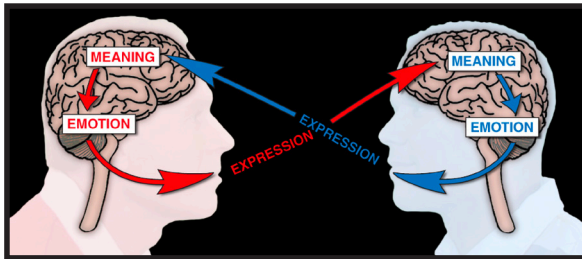
Assess your level of stress, burnout, anxiety, sadness, and conflict. Get recommendations on actions you can take to improve your situation

Conflict Resolution

Stress Management

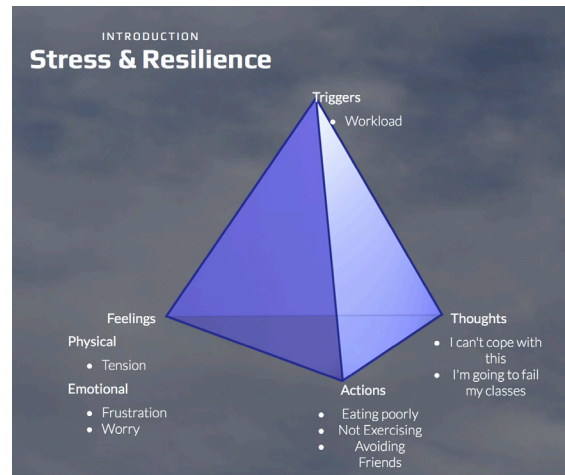
Improving Mood

- Conflict introduction - See how conflicts develop and how to resolve them
- Interactive scenario - Practice conflict resolution in an interactive simulation
- Hypothesis testing exercise - Check how you are thinking about conflict
- Interest based negotiation - Learn the art of negotiation and how to reach agreement while maintaining relationships



The conflict module has sample conflicts and interactive exercises to teach negotiation skills, effective ways to address conflict, and pitfalls to avoid. Although some of the conflict content uses sample conflicts and negotiations set in the space program, the situations represent real-world problems everyone can identify with.

- Thoughts - Learn to examine your thinking about a situation to ensure you are assessing the situation correctly
- Feelings - Practice skills to calm down when needed
- Actions - Train to choose productive actions in times of stress



The stress module focuses on skills to make sure you are thinking about the situation accurately, managing your emotions well, and taking productive actions. The program teaches skills such as:

- Weighing Evidence
- Focused Breathing
- Guided Muscle Relaxation
- Strategic Problem Solving
- Compartmentalization
- Effective Communication

- Choose a problem you have control over
- Set an achievable goal
- Brainstorm solutions
- Choose enjoyable activities
- Make an action plan



The mood improvement module uses a self-directed method called problem-solving therapy. The mentor in the program guides you through choosing and working on problems you have control over. Studies show this can improve your mood over time. You will learn a structured approach to problems which is useful even if you are not depressed.