* 1. Do the administrative responsibilities of residency cause you stress (i.e. forms, certifications, training requirements, etc.)?
   - Yes
   - Somewhat
   - Not at all

2. If yes or somewhat, what do you find stressful about completing administrative tasks? (i.e. lack of time, too much expected, added responsibility, tracking, etc.)

3. If not at all, what helps you stay calm and focused on completing administrative tasks?

* 4. Is your program coordinator helpful in keeping you organized with your administrative tasks?
   - Yes
   - Somewhat
   - Not at all

* 5. Briefly identify ways your program coordinator is helpful and/or could be more helpful to you with your administrative responsibilities.

* 6. Wellness is medically defined as "the quality or state of being in good health, especially as an actively sought goal."

   How can your program help you achieve individual wellness during your residency?