Resources for Professional Wellness and Burnout Prevention
Compiled by the Federation of State Physician Health Programs

Web-based Videos about Burnout

**What the Medical Profession is Doing (and needs to do more of) to Enhance Physician Well-being** with Christine Sinsky, M.D. and Colin West, M.D. [Webinar Link]

Interview with the CEO of Mayo Clinic on the epidemic of burnout. [PBS Link]

Articles and Resources


Panagioti, M, E Panagopoulou, P Bower, et al., Controlled interventions to reduce burnout in physicians: A systematic review and meta-analysis. JAMA Internal Medicine, 2016.

Roman, S. Physician health and wellbeing. in McGill Refresher Course. 2016. Quebec, Canada.


University of Colorado School of Medicine, Dimensions: Work & Well-Being Toolkit for Physicians, 2014.


**Web Information about Professional Wellness**

On Presence: A Tale of Two Visits, Christine A. Sinsky, MD, FACP Web Blog

AMA's Practice Improvement Strategies. Web Site Link

Doctor Your Spirit from the Indiana State Medical Association Web Site Link

Mindful Practice in Medicine from the Cambridge Health Alliance and Harvard Medical School. Web Site Link

Mindfulness Practice, Ron Epstein Web Site Link

The Creative Destruction of Physician Burnout, Dike Drummond, MD Web Site Link

Professional Quality of Life Screening Tool. Web Site.

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Web sites related to Stress, Burnout and Mindfulness
Mindful Practice in Medicine. [Web Site Link]
Maslach Burnout Inventory. Tools for Measurement of Burnout [Web Site Link]
Phone Apps for Mindfulness [Web Site Link]
The Wellspring Institute for Neuroscience and Contemplative Wisdom [Web Site Link]

Books about Self-care
**When Perfect isn’t Good Enough** by Martin Antony PhD – isn’t specifically written for doctors but the perfectionistic traits are extremely strong in all providers and over-the-top in many docs we see.

**The Mindful Way Through Depression** an introduction to the field of mindfulness; it has a wonderful CD with guided meditations by Jon Kabat-Zinn; it is so gingerly written, exactly for people who are hard on themselves. Reading it was like having the friend I always wanted to have. The title is misleading, because it is not strictly about depression, but about mindfulness.

**10% Happier** by Dan Harris. This is an ideal audiobook available free of charge through OverDrive – a digital library accessed through many public libraries. The book describes Dan Harris’ quest to handle his own on-air panic attacks and anxiety (an ABC newscaster) who reads his own book.

**Buddha’s Brain** is very exciting for a physician, because it talks about the neuroscience behind mindfulness, which appeals to a scientifically inclined mind. It’s good at dispelling prejudices about the subject.

**Mirroring People: The Science of Empathy and How We Connect with Others** by Marco Iacoboni

**Just One Thing: Developing a Buddha Brain One Simple Practice at a Time** by Rick Hanson PhD

**Lovingkindness: The Revolutionary Art of Happiness** by Sharon Salzberg

**Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life** by Jon Kabat-Zinn

**The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life** by Susan M. Orsillo PhD, et al

**The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness** by Mark Williams

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Overcoming Depression: A Self-Help Guide Using Cognitive Behavioral Techniques by Paul Gilbert, PhD

The Compassionate Mind: A New Approach to Life's Challenges by Paul Gilbert PhD

The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun by Gretchen Rubin

Stumbling on Happiness by Daniel Todd Gilbert

Meditation For Dummies, Mini Edition by Stephan Bodian

The Hard Truth About Soft Skills: Workplace Lessons Smart People Wish They’d Learned Sooner by Peggy Klaus

Emotional Intelligence by Daniel Goleman PhD

Flourish by Martin Seligman PhD

Ted Talks and Short Videos on Self care

http://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time

www.ted.com/talks/adam_grant_are_you_a_giver_or_a_taker

http://www.ted.com/talks/jd_schramm

http://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene

http://tedxtalks.ted.com/video/Mental-Brakes-to-Avoid-Mental-B

http://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation

http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

http://www.youtube.com/watch?v=5cvHgGM-cRI

http://www.ted.com/talks/abraham_verghese_a_doctor_s_touch

http://www.ted.com/talks/andrew_solomon_depression_the_secret_we_share.html
http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology.html

http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy.html

http://www.ted.com/talks/marco_tempest_the_magic_of_truth_and_lies_on_ipods

http://www.ted.com/talks/daniel_h_cohen_for_argument_s_sake

http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

http://www.ted.com/talks/brene_brown_on_vulnerability.html

http://www.ted.com/talks/kathryn_schulz_on_being_wrong.html

http://www.ted.com/talks/kathryn_schulz_don_t_regret_regret.html

http://www.ted.com/talks/russell_foster_why_do_we_sleep.html

http://www.ted.com/talks/anne_marie_slaughter_can_we_all_have_it_all.html