

# 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

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Dyrbye, LN, CP West, D Satele, et al., [Burnout among US medical students, residents, and early career physicians relative to the general US population](#). Academic Medicine, 2014. 89(3): p. 443-451.

Epstein, RM, [Mindful practice](#). JAMA, 1999. 282(9): p. 833-839.

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Jennings, M and SJ Slavin, Resident wellness matters: Optimizing resident education and wellness through the learning environment. Academic Medicine, 2015. 90(9): p. 1246-1250.

Kaufmann, M, The Basics: Strategies for Coping with Stress and Building Personal Resilience for Physicians. Ontario Medical Review.

Miller, N and RK McGowen, The painful truth: Physicians are not invincible. South Med J, 2000. 93(10): p. 966-973

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

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Shanafelt, TD, LN Dyrbye and CP West, [Addressing physician burnout: The way forward](#). JAMA, 2017.

Shanafelt, TD and JH Noseworthy. [Executive leadership and physician well-being: Nine organizational strategies to promote engagement and reduce burnout](#). in Mayo Clinic Proceedings. 2017. Elsevier.

Shanafelt, T. D., et al. (2003). The well-being of physicians. Am J Med 114(6): 513-519.

Sinsky, CA, R Willard-Grace, AM Schutzbank, et al., In search of joy in practice: A report of 23 high-functioning primary care practices. The Annals of Family Medicine, 2013. 11(3): p. 272-278.

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

West, CP, LN Dyrbye, PJ Erwin, et al., [Interventions to prevent and reduce physician burnout: A systematic review and meta-analysis](#). The Lancet, 2016. 388(10057): p. 2272-2281.

## 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](#).

## 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](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/adam_grant_are_you_a_giver_or_a_taker)

[http://www.ted.com/talks/jd\\_schramm](http://www.ted.com/talks/jd_schramm)

[http://www.ted.com/talks/guy\\_winch\\_the\\_case\\_for\\_emotional\\_hygiene](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/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.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/abraham_verghese_a_doctor_s_touch)

[http://www.ted.com/talks/andrew\\_solomon\\_depression\\_the\\_secret\\_we\\_share.html](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/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/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/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/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/shawn_achor_the_happy_secret_to_better_work)

[http://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability.html](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_on_being_wrong.html)

[http://www.ted.com/talks/kathryn\\_schulz\\_don\\_t\\_regret\\_regret.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/russell_foster_why_do_we_sleep.html)

[http://www.ted.com/talks/anne\\_marie\\_slaughter\\_can\\_we\\_all\\_have\\_it\\_all.html](http://www.ted.com/talks/anne_marie_slaughter_can_we_all_have_it_all.html)