BHIPP Resilience Breaks: Avoiding Provider Burnout

Links to Resources

Federation of State Physician Health Programs
  • https://www.fsphp.org/

Sotile Center for Physician Resilience
  • https://www.sotile.com/

American Medical Association: *Burnout and Wellbeing Resources*
  • https://edhub.ama-assn.org/steps-forward

Mind Resilience Website from Maryland Dept. of Health, Behavioral Health Administration
  • http://www.mindresilience.org/

Sermo: Social Network Platform for Physicians
  • https://www.sermo.com/

Mindfulness Coach App
  • https://mobile.va.gov/app/mindfulness-coach

Calm App
  • https://www.calm.com/blog/take-a-deep-breath

*A qualitative study of physicians' own wellness-promotion practices* (Weiner, et al., 2001)
  • https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1071222/

*Four Tools for Reducing Burnout by Finding Work-Life Balance* (Drummond, 2016)

*Eight Ways to Lower Practice Stress and Get Home Sooner* (Drummond, 2015)