

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)

- <https://www.aafp.org/fpm/2016/0100/p28.html>

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

- <https://www.aafp.org/fpm/2015/1100/p13.html#:~:text=Eight%20Ways%20to%20Lower%20Practice%20Stress%20and%20Get,use%20of%20a%20scribe.%20...%20More%20items...%20>