

Preventing Professional Burn-Out: Putting Wellness Research into Action

February 2020

RESOURCES ON BURNOUT

READ about burnout AND resilience

Physician Resilience and Burnout - Can You Make the Switch?

<https://www.scientificamerican.com/article/you-can-conquer-burnout/> - written by Maslach

[Reversing Burnout: How to rekindle your passion for your work](#) – written by the author of the Maslach burnout inventory – provides references to her books on organization interventions for burnout.

WATCH videos about burnout

<https://youtu.be/HZ-5xQvqM48> - looks at job stress and career burnout.

<https://youtu.be/gRPBkCW0R5E> - this is a talk by Maslach about job burnout – gives you the basics on burnout in about 30 minutes.

LISTEN to a podcast on burnout and wellness:

National Association of Social Workers podcast:

<https://www.socialworkers.org/News/Social-Work-Talks-Podcast/EP17-Self-Care-and-Avoiding-Burnout>

TEST YOURSELF: Identifying if you are burned out

Professional Quality of Life Measure (ProQL) https://proqol.org/ProQol_Test.html

Work-Life Balance: [Work-Life Balance Quiz](#)

[Work-Life Assessment and Planning Tools](#)

TOOLKIT from the American Psychiatric Association for assessing burnout and changing it at a systems

level <https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout> -- this is written for psychiatrists but it has some general tools for addressing burnout at a systems level – scroll down the initial page for many links to resources

Identifying and treating secondary trauma

<https://www.theatlantic.com/health/archive/2015/12/ptsd-secondary-trauma/420282/> - written for people who work with victims of trauma.

RESOURCES ON RESILIENCE

READ about wellness

Stanford University has taken steps to promote health care provider wellbeing. Their general site has much information across a range of topics –see menu button, top right of webpage. [https://wellmd.stanford.edu/Qualities of Resilience](https://wellmd.stanford.edu/Qualities_of_Resilience)

[10 Ways to Build Resilience](#)

TEST YOURSELF: Identify ways you are resilient

From the [Positive Psychology Center](#) at the University of Pennsylvania, you can complete a variety of questionnaires relating to happiness, optimism, gratitude, grit, personal strengths and life meaning. Log in required, data gathered from responses in a cumulative anonymous manner for research. Box with questionnaires in near the middle of the main page.

WATCH videos about wellness

Three good things intervention for wellbeing - <http://www.youtube.com/watch?v=dwkDEM4gFBA>

More about the three good things exercise - [3 Good Things](#) (10 min)

Compassion training - <https://centerhealthyminds.org/join-the-movement/compassion-training>

[Lessons in Resilience for Healthcare Trainees](#) - and others! (37 min)

[10 TED Talks for when you feel burnt out](#) - experts in burnout science provide tips on how to bounce back from feeling worn out and exhausted.

Mixed format (test yourself, videos, readings) resources on mindfulness

[Mindfulness, Compassion](#) – resource page from Stanford group

[Science of Happiness](#) Free online course from UC Berkeley that explores the roots of a happy and meaningful life.

RESOURCES ON SLEEP

[Sleepiness Scale](#) - Epworth Scale

<https://www.uwhealth.org/wisconsinssleep/wisconsin-sleep/48043> Wisconsin Sleep at UW Health – information about sleep AND ways to set up appointments.

RESOURCES ON EXERCISE

[4 part physical fitness test](#) - Mayo Clinic

[Staying the Course](#) – from Stanford University

[Finding a Workout Plan that Works for You](#) - from Stanford University

RESOURCES ON MINDFULNESS

WATCH videos about mindfulness

[What is mindfulness?](#) Jon Kabat-Zinn (2 min)

[Mindfulness - Life is Right Now](#) Jon Kabat-Zinn (7 min)

[The Space Between Self-Esteem and Self-Compassion](#) Dr. Kristin Neff (19 min)

[Cognitive Neuroscience of Mindfulness Meditation](#) Dr. Philippe Golden, Stanford (48 min)

[The Science of Self-Compassion](#) Dr. Kristin Neff (1 hour)

[Conversations on Compassion with Dr. James Doty and Jon Kabat-Zinn](#) (1 hour)

READ about mindfulness

[Mindfulness and Technology](#) – from Sandford

[Ten Simple Ways to Practice Mindfulness each Day](#) – from Massachusetts General Hospital

[The Five Myths of Self-Compassion](#) – article from Greater Good Magazine

[Metta Practice](#) - general script for a self-compassion meditation

WATCH video from UW Health about mindfulness

Opportunities for "pausing" during the day

LISTEN to self-guided meditations

Self-Compassion Guided Meditations and Exercises – links to a variety of self-guided meditations

RESOURCES ON HEALTHY EATING

READ about nutrition

The field of Nutritional Psychiatry is relatively new, however there are observational data regarding the association between diet quality and mental health across countries, cultures and age groups – depression in particular.

<http://ajcn.nutrition.org/content/99/1/181.long>

<http://www.ncbi.nlm.nih.gov/pubmed/23720230>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4167107/>

General article on nutritional psychiatry with links

<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

Tips for mindful eating - <http://eatingmindfully.com/wp-content/uploads/2012/01/mindfuleatingplate1.pdf>

Nutrition resources from integrative medicine physician Dr. Low Dog <https://drlowdog.com/resources/>
https://drlowdog.com/Assets/pdf_files/drlowog_nutrition_prescription_pyramid.pdf

Research articles, including meta-analysis on nutrition and mental health, depression in particular

<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

Nutrition and wellness resources at UW Health

<https://www.uwhealth.org/nutrition-wellness/nutrition-and-health-library/13737>

RESOURCES ON EFFICIENCY OF PRACTICE

Practice management optimization from American Psychiatric Association

<https://www.psychiatry.org/psychiatrists/practice/practice-management>

Practice management tools from American Psychological Association

<https://www.apaservices.org/practice/business/management/tips/tools>

Ways to enhance teamwork - <https://www.apa.org/pubs/journals/releases/amp-amp0000295.pdf>

Writing Productivity Problems – geared for people in academia, from Stanford