

Resident Wellness: Key points

Resources

Personal strategies:

Mind tools: <https://www.mindtools.com>

Focus on time and stress management, leadership and personal effectiveness skills

Mini-Z: <https://www.stepsforward.org/modules/physician-burnout-survey>

Part of AMA's STEPS Forward program

Franklin Covey: <http://www.franklincovey.com/resources/>

tools on stress assessment, self-scoring 7-habits profile on current level of self-effectiveness, and 360° assessments for self-awareness

American Foundation for Suicide Prevention: <https://suicidepreventionlifeline.org/>

Interactive screening program with resources and 24/7 lifeline

Institutional interventions:

STEPS Forward Wellness program, AMA: <https://www.stepsforward.org/modules/improving-physician-resilience>

ACGME: <http://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/Resources>

AAMC: <https://www.aamc.org/initiatives/462288/articlesbooks.html>

Canadian Physicians Health Institute: <http://php.oma.org/CPHI.html>