**Burnout Resource List**

**Articles:**  
[**Working conditions in primary care: Physician reactions and care quality**](https://www.acpjournals.org/doi/10.7326/0003-4819-151-1-200907070-00006?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%200pubmed)Adverse primary care work conditions could lead to a reduction in the primary care workforce and lower-quality patient care.

[**Designing the careful and kind clinic: an evidence-based approach**](https://bmjleader.bmj.com/content/6/2/87)This paper takes decades of research and translates them into a practical list of options for leaders and managers to take into account when structuring a clinic based on care and kindness to achieve optimal health.

[**Targeting causes of burnout in residency: An innovative approach used at Hennepin Healthcare**](https://journals.lww.com/academicmedicine/Fulltext/2021/05000/Targeting_Causes_of_Burnout_in_Residency__An.39.aspx)

# Offer suggestions for burnout-reduction strategies on residents, using data collected longitudinally in residents.

# [Eliminating burnout and moral injury: Bolder steps required](https://www.sciencedirect.com/science/article/pii/S2589537021003709?via%3Dihub)

# Explores why is it so hard to make this epidemic of injury, trauma, and burnout stop?

# [Building a sustainable primary care workforce: Where do we go from here?](https://www.jabfm.org/content/30/2/127) Describes the Mini Z (for “zero burnout program”) measure, designed for these purposes, and suggest interventions that might improve satisfaction and sustainability in primary care, including longer visits, clinician control of work schedules, scribe support for electronic medical record work, team-based care, and an explicit emphasis on work-home balance.

# [A cluster randomized trial of interventions to improve work conditions and clinician burnout in primary care: Results from the Healthy Work Place (HWP) study](https://link.springer.com/article/10.1007/s11606-015-3235-4) This study aimed to assess if improvements in work conditions improve clinician stress and burnout.

[**What’s the hard return on employee wellness programs?**](https://hbr.org/2010/12/whats-the-hard-return-on-employee-wellness-programs)

Employee wellness programs have often been viewed as a nice extra, not a strategic imperative. But the data demonstrate otherwise, research shows that the ROI on comprehensive, well-run employee wellness programs is impressive, sometimes as high as six to one.

[**Addressing Health Worker Burnout The U.S. Surgeon General’s Advisory on Building a Thriving Health Workforce** (please note long document)](https://www.hhs.gov/sites/default/files/health-worker-wellbeing-advisory.pdf)Looks at causes of burnout, workforce shortages, differential impacts on health workers, and how health worker burnout harms us all.

[**Stop framing wellness programs around self-care**](https://hbr.org/2022/04/stop-framing-wellness-programs-around-self-care)

Most workplace wellness programs focus on individual perks. But is this focus really working — particularly after the disconnect of the past two-plus years of the pandemic? The authors argue that self-care is no longer enough; instead, leaders should focus on team members taking care of each other. This requires a new approach to managing stress and conflict, framing adversity as a collective and implementing “relational pauses” to talk through difficult emotions related to work.

# [Obstacles to physicians’ emotional health — Lessons from history](https://www.nejm.org/doi/full/10.1056/NEJMp2112095?query=NC)

# The authors suggest that three key obstacles have historically prevented improvements to physicians’ emotional health. Medical exceptionalism, medicalization, and an emphasis on individual responsibility are overlapping issues that have shaped approaches to the well-being of health care professionals.

# [Improving and maintaining healthy sleep habits](https://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_sleep.pdf)

# Tips sheet from the University of Wisconsin School of Medicine and Public Health on improving and maintaining healthy sleep habits.

# [Compassionate Documentation](https://jamanetwork.com/journals/jama/fullarticle/2794050?fbclid=IwAR2kfTFxDkfnteSHgPiwq3H0iUrWzYAUH08rmbc8efm83LSZWs5r1iMEuhM) A brief JAMA Network *A* *Piece of My Mind* on the role of the electronic medical record for not only medical billing and medicolegal reasons, but to convey love.

**Books:**

[**My Grandmother’s Hands**](https://www.goodreads.com/en/book/show/34146782-my-grandmother-s-hands) by Resmaa Menakem, racialized trauma and the mending of our bodies and hearts.

[**The Chemistry of Joy Workbook**](https://www.goodreads.com/book/show/13230893-the-chemistry-of-joy-workbook) by Henry Emmons, joy comes of its own accord when we are in our naturally healthy state. Every one of us has the capacity for joy, but many forces in our lives keep us from enjoying this contented and healthy state of being.

[**Buddha’s Brain**](https://www.goodreads.com/book/show/6796675-buddha-s-brain) by Rick Hanson, the practical neuroscience of happiness, love, and wisdom.

[**Healing: The Act of Radical Self Care**](https://www.goodreads.com/en/book/show/42354180-healing) by Joi Lewis, *Healing* offers radical self-care as a salve to help you hold heartbreak and hope.

[**Trauma Stewardship**](https://www.goodreads.com/en/book/show/5653041-trauma-stewardship) by Laura van Dernoot Lipsky and Connie Burk, an everyday guide to caring for self while caring for others.

[**Full Catastrophe Living**](https://www.goodreads.com/book/show/41016873-full-catastrophe-living) by Joh Kabat-Zinn, using the wisdom of your body and mind to face stress, pain and illness.

# Other resources: Insight Timer App - <https://insighttimer.com/>

# Headspace App - <https://www.headspace.com/>

**Podcasts:**  
**Moral injury**: [Drs. Linzer and LeClaire’s Moral Matters interview](https://podcasts.apple.com/us/podcast/how-are-you-doing-episode-29-drs-mark-linzer-and/id1529907905?i=1000544604557)  
30 minute podcast with Drs. Mark Linzer and Michele LeClaire on Dr. Wendy Dean and Dr. Simon Talbot’s podcast *Moral Matters*.  
  
**NPR Life Kit: Health** <https://www.npr.org/lifekit>   
Different segments from National Public Radio on: Health, Money, Parenting, Sustainability, and Life Skills.

**The Happiness Lab** <https://podcasts.apple.com/us/podcast/the-happiness-lab-with-dr-laurie-santos/id1474245040>   
Yale professor Dr. Laurie Santos has studied the science of happiness and found that many of us do the exact opposite of what will truly make our lives better. Based on the psychology course she teaches at Yale, Laurie will take you through the latest scientific research and share some surprising and inspiring stories that will change the way you think about happiness.

**Body of Wonder** <https://integrativemedicine.arizona.edu/body_of_wonder.html>   
Dr. Andrew Weil and Dr. Victoria Maizes for insightful conversations with thought-provoking doctors, specialists, authors, and researchers.  
  
**The Huberman Lab** <https://hubermanlab.com/>   
The Huberman Lab Podcast discusses neuroscience: how our brain and its connections with the organs of our body control our perceptions, our behaviors, and our health. They also discuss existing and emerging tools for measuring and changing how our nervous system works.

**Feel Better Live More** <https://drchatterjee.com/blog/category/podcast/>   
Health has become overcomplicated. I aim to simplify it” In this podcast, we hear stories from leading health experts and exciting personalities who offer easy health life-hacks, expert advice and debunk common health myths giving you the tools to revolutionize how you eat, sleep, move and relax, hosted by Dr. Rangan Chatterjee.

**Like Mind Like Body** <https://www.curablehealth.com/podcast?gclid=Cj0KCQjw8uOWBhDXARIsAOxKJ2GKeR38STD6UY2yRsmy0fZDjBzzLoJQSR6J9maws8gkTsLhUWiQWC4aAvoFEALw_wcB>  
Can our thoughts and feelings really impact our physical health? Join us as we interview top researchers, best-selling authors, and field experts about the astonishing ways the mind can affect the body.

**Peace Out** <https://bedtime.fm/peaceout>   
Short stories that help children calm down and relax by guiding them through visualization and breathing exercises. Perfect for parents or teachers who want to teach mindfulness and self-regulation.

**Be Calm on Ahway Island** <https://www.ahwayisland.com/episodes/>   
Be Calm on Ahway Island® Podcast features relaxing, original short stories for kids!  Each episode begins with a guided meditation and contains a positive message — perfect for bedtime, nap time, or any time it’s relax time!

**Being Well** <https://www.rickhanson.net/being-well-podcast/>   
[Dr. Rick Hanson](https://rickhanson.net/rick-hanson-ph-d/) has taught thousands of people how to Be Well over the last 30 years, and now he’s sharing some of his best tips and practices in the Being Well podcast.

**Deep Medicine: Sound Mind and Optimized Body** <https://podbay.fm/p/deep-medicine-sound-mind-and-optimized-body/about>   
To live life to its fullest, there's a goldmine of alternative health methods and amazing doctors who have helped many to LIVE OPTIMIZED! I want to share everything I've learned and experienced about regenerative medicine by interviewing the experts! Here we will gain a wealth of knowledge to derive the greater understanding that we may take action to attain these benefits to ensure that longevity that we so desire. It's right here, right now so let’s take it into our own minds, hearts and bodies.

**For the Wild** <https://forthewild.world/>   
Focused on land-based protection, co-liberation and intersectional storytelling rooted in a paradigm shift away from human supremacy, endless growth and consumerism.

# Videos: [A seated chair yoga](https://www.youtube.com/watch?v=w8Bl9VdCzUU&t=6s) session lead by Catherine Justice [All of Catherine’s resilience yoga segments](https://www.youtube.com/playlist?list=PLu1NGtuj085hgHZIvs0TDUR43nflWE0dv)

**TED talk with Laura can Dernoot Lipsky – Beyond the Cliff** <https://www.youtube.com/watch?v=uOzDGrcvmus>   
20-minute TED talk that offers us a window into the cumulative toll that can occur when we are exposed to the suffering, hardship, crisis or trauma of humans, other living beings, or the planet itself.

**Burnout vs Compassion Fatigue** <https://www.youtube.com/watch?v=ZsaorjIo1Yc>

12-minute TED talk on drowning in empathy: the cost of vicarious trauma.

**Finding Shelter from the Storm** <https://youtu.be/Evdezimgqto>

35-minute presentation from Catherine Justice with wellbeing strategies during COVID lockdown.

**Guided Meditations:**

**Catherine Justice’s InsightTimer meditations** <https://insighttimer.com/catherinejustice/guided-meditations>

**Tara Brach** <https://www.tarabrach.com/guided-meditations/>

**HeartMath Quick Coherence** <https://www.youtube.com/watch?v=sKmKKCdnJ4U&t=4s>

**Headspace Meditations** <https://www.youtube.com/c/headspace/featured>