

## RESOURCES

Cited in this talk:

West et. al., Journal of Internal Medicine 2018; p1-14 "Physician burnout: contributors, consequences, and solutions"

RNNetwork.com –stats on nursing burnout

Thomas et. al., JAMA 2018;319(15):1541-1542 "Charter on physician well-being"

Vinson et. al., Current Opinion Anesthesiology 2018, 31:382-387 Peer support in anesthesia: turning war stories into wellness"

Psychologytoday.com 11/11/17 –definition of mindfulness

Consultqd.clevelandclinic.org - evidence behind benefits of mindfulness

Dignity: Its Essential Role in Resolving Conflict Donna Hicks, PhD. Yale Univ. Press 2011

Resources to getting started or further your current practice:

Start Here Now: An Open-Hearted Guide to the Path and Practice of Meditation by Susan Piver

Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence

by Rick Hanson, PhD

Apps- "Headspace" –popular app to get started on meditation - free

"Insight Time" free

On-line course- Mindfulness Daily by Jack Kornfield, Tara Brach. –This does have a cost (\$47) but was worth it for me- helped me develop a foundation and better understanding of mindful practice. Both teachers are internationally known speakers and experts on mindfulness. Obtain through soundstrue.com

Excellent podcast addressing physician burnout

The Doctor Paradox -Podcasts stopped in late 2016 but past episodes are worth listening to. I enjoyed in particular the 2/21/16 episode by Dr. Brene Brown on Physician Courage and Vulnerability

Also check out this international organization promoting compassion in medicine for both providers and patients: heartsinhealthcare.com -founded by Dr. Robin Youngson

For some inspiration, read this post: <https://heartsinhealthcare.com/compassion-hero-dr-johanne-egan/>