



Individual Interventions for Burnout

10 TED Talks for When You Feel Burned Out

Curated list of experts in burnout science who provide tips on how to bounce back from feeling worn out and exhausted

Stanford Medicine WellMD Center

Resource designed to improve the health and professional fulfillment of physicians and other members of the medical teams they lead

Headspace

App that teaches you how to meditate, helping physicians stress less, focus more, and sleep better

Organizational Interventions for Burnout

Agency for Healthcare Research and Quality – Physician Burnout

Online resource that details the leading causes and promising interventions for clinician burnout

American Medical Association *Steps Forward*™ Initiative

Practice-based initiative that provides proven strategies to improve practice efficiency, helping leaders achieve better patient experience, better population health, and lower overall costs with improved professional satisfaction

Physician Health Programs by State

List of individual state health programs that focus on rehabilitation and monitoring of physicians with psychoactive substance use disorders and mental and physical illness

American Hospital Association – Physician Alliance

Alliance supporting physician leaders in improving care for their communities while helping clinical and administrative leadership collaborate effectively

Accreditation Council for Graduate Medical Education

Materials and other references for residents and faculty members as a resource for well-being, wellness, and related tools

National Academy of Medicine

Repository of helpful resources for those seeking information and guidance on how to combat clinician burnout throughout their organizations and in their personal lives

American Academy of Family Physicians

Variety of comprehensive resources, news coverage, and blog posts on physician well-being

American Psychiatric Association

Well-being resources to support physicians throughout their career clinically, professionally, and personally

Physician Interventions for Depression

American Foundation for Suicide Prevention

Facts and toolkits geared towards physician mental health

National Suicide Prevention Lifeline

National network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress