

Antidotes to Burnout and Workplace Stress: Micro-doses of Resilience
Resource Worksheet September 17, 2020

Apps:

Calm

Moodfit

Insight Timer

Shine

Publications:

Dyrbye, L. N., T. D. Shanafelt, C. A. Sinsky, P. F. Cipriano, J. Bhatt, A. Ommaya, C. P. West, and D. Meyers. 2017. Burnout among health care professionals: A call to explore and address this under-recognized threat to safe, high-quality care. *NAM Perspectives*. Discussion Paper, National Academy of Medicine, Washington, DC. <https://doi.org/10.31478/201707b>

<http://www.nursingworld.org/DocumentVault/Position-Statements/Practice/Addressing-Nurse-Fatigue-ANA-Position-Statement.pdf>

Shanafelt, T.D., Dyrbye, L.N., West, C.P. (2017) Addressing Physician Burnout: The Way Forward. *JAMA*. 317(9):901–902. doi:10.1001/jama.2017.0076

Van der Kolk, B. (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. N.Y: Penguin Books.

Websites:

National Academy of Medicine: Action Collaborative on Clinician Well-being and Resilience

<https://nam.edu/initiatives/clinician-resilience-and-well-being/>

Healthy Nurse, Healthy Nation Grand Challenge

<http://www.healthynursehealthynation.org>

Mindful.org Helpful articles to include mindfulness in your daily life

<https://www.mindfulmazing.com/>

Helping the children in your life develop habits of mindfulness. Free kid-friendly handouts for all ages.

Reflections (consider journaling your responses for greater insight)

1. What challenge(s) do you encounter in caring for yourself? In what ways do these challenges impact your life?
2. Do you think stress affects the quality of your work?
3. Have you felt guilty or judged about taking care of yourself at work?
4. Identify 1-2 practices that may enhance the quality of your life. Make a commit to yourself to start practicing now.