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Wellbeing Resources

Burnout

Articles, Guides, Helpful Reads:

- [HHS Healthcare Worker Burnout](#)
- [CDC Vital Signs: Healthcare Worker Burnout](#)
- [Workplace Stress & Burnout](#) by the American Institute of Stress (AIS)
- [“Physician Burnout”](#) by the Agency for Healthcare Research and Quality
- [“Improving Physician Well-Being, Restoring Meaning in Medicine”](#) From the Accreditation Council for Graduate Medical Education
- [Federation of State Physician Health Programs Resource Guide](#)
- [“Overcoming Burnout in a Distributed World”](#) by Dr. Sahar Yousef
- [“Fix the “pebble in the shoe” problems to cut physician burnout”](#) by Sara Berg, MS
- [“Physician Burnout & Moral Injury: The Hidden Health Care Crisis”](#)– Infographic by The National Institute for Health Care Management (NIHCM) Foundation

Toolkits, Activities, Resources:

- [The CE-CERT Model](#)
- [Clinician Well-Being Knowledge Hub](#)
- [Steps Forward Organization](#) by the AMA
- Physician Wellbeing Advocacy Organization: [Dr. Lorena Breen Heroes’ Foundation](#)
- [“Action Collaborative on Clinician Well-Being and Resilience”](#) from the National Academy of Medicine
- [“Individual Physician Wellness and Burnout Tools”](#) by the American College of Physicians
- [“Overcoming Burnout in 30 Days”](#) by Carien Karsten
- [Therapist Burnout Resources, Symptoms, Recovery Strategies](#) by Positive Psychology.
- [Burnout Guide: Information, Tools, Ethics Information, and More.](#) (Psychology focused).

Webinars:

- [“Beyond Self-Care: The CE-CERT model for Secondary Trauma and Burnout”](#) Training on the Justice Clearinghouse
- [Self-Paced Somatic Healing for Burnout](#)
- [National Academy of Medicine, Health Workforce Well-Being Day](#)
- [Physician Wellbeing Presentation](#) by the University of Toledo
- [“Physician Suicide Prevention: Listening to the Voices of Experience”](#)

Screening Tools:

- [Maslach Burnout Inventory™ \(MBI\)](#)
- [Copenhagen Burnout Inventory \(CBI\)](#)
- [Burnout, Compassion Fatigue And Vicarious Trauma Assessment](#)
- [“Stress Audit Checklist”](#)
- [Perceived Stress Scale \(PSS\)](#)

Organizational / Leadership Tools:

- [Addressing Health Worker Burnout: The U.S. Surgeon General’s Advisory on Building a Thriving Health Workforce](#)
- [Practice Transformation: Measure](#) from the AMA

Wellbeing Resources

Moral Injury

Articles, Guides, Helpful Reads:

- [HeaR-MI: Moral Injury of Health Care Report](#)
- [“Responding to Burnout and Moral Injury Among Clinicians”](#) by Martha Hostetter, Sarah Klein
- [“Physicians aren’t ‘burning out.’ They’re suffering from moral injury”](#) By Simon G. Talbot and Wendy Dean
- [“Moral Distress in Nursing: What You Need to Know”](#) by the American Association of Critical Care Nurses

Toolkits, Activities, Resources:

- [Reflecting On & Recovering from Moral Injury](#) by Teaching Tolerance (adaptable)
- [Moral Injury Well-Being Toolkit by the Society](#) of Critical Care Medicine
- [Moral Injury Organization](#)
- [Recognize & Address Moral Distress tool](#) by the AACCN
- [VOA Moral Injury Resources by Profession](#)
- [The Moral Injury Project](#) by Syracuse University (Military / Veteran)

Webinars:

- [“How Clinicians Define Moral Injury”](#) by the Institute for Healthcare Improvement
- [“Nurse Strong: Recognizing and Mitigating Moral Distress”](#) by the AACCN
- [“Moral Injury and Healing in Child Welfare”](#) by the University of Minnesota

Screening Tools:

- [Moral Distress Scale - Revised \(MDS-R\)](#)

Organizational / Leadership Tools:

- [Workplace Bullying and Moral Injury Connection](#) by Psychology Today

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Compassion Fatigue

Articles, Guides, Helpful Reads:

- [“Compassion Fatigue and Self-care Resources for Crisis Counselors”](#) by SAMHSA
- [“Tips for Healthcare Professionals: Coping with Stress And Compassion Fatigue”](#) by SAMHSA
- [“Recognizing and Addressing Compassion Fatigue: Effective Strategies for Management”](#) by the Honor Movement Foundation
- [“Helping the Helpers to Overcome Compassion Fatigue and Burnout”](#) Josephine Ferraro, LCSW, SEP
- [“Practical Tools for Foster Parents to Increase Compassion Satisfaction and Ward off Compassion Fatigue”](#)
- [“Are you experiencing compassion fatigue?”](#) Psychology Today
- [“Compassion Fatigue Resilience”](#)
- [“Compassion Fatigue Resiliency – A New Attitude”](#) by J. Eric Gentry & Anna B. Baranowsky

Toolkits, Activities, Resources:

- [“Compassion Fatigue & Self Care” Toolkit](#)
- [“The Center for Compassion and Altruism Research And Education”](#) Program, Stanford University
- [Loving Kindness Meditation](#)
- [Self-Compassion Website](#) by Kristen Neff
- [Compassion Resiliency Website Resources](#)
- [“How to Practice Self-compassion for Resilience and Well-being”](#) University of Utah

Webinars:

- “Supportive Supervision: Facilitating growth while reducing compassion fatigue among supervisees”, Presenter: Stacy Simera MSSA, LISW-S, Hosted by [Heisel & Associates.](#)
- [“Compassion Fatigue Certification Training for Healthcare, Mental Health and Caring Professionals”](#) PESI
- [“Compassion Fatigue Specialist – Therapist”](#) Training by the Traumatology Institute
- [“Compassion Fatigue Resiliency & Recovery–Educator”](#) Training by the Traumatology Institute
- [“8-Week Compassion Course”](#) by Stanford University
- [“Understanding Compassion Fatigue and How to Create Compassion Satisfaction”](#)

Screening Tools:

- [Compassion Fatigue Assessment](#) by the Advisory Board
- [Compassion Satisfaction/Fatigue Self-Test for Helpers](#)

Organizational / Leadership Tools:

- [“Compassion Resilience in Healthcare Toolkit”](#)

Wellbeing Resources

Self-Care, Resiliency & Wellbeing

Articles, Guides, Helpful Reads:

- [Building Resiliency Together](#) Organization
- [“Individual Resilience: Factsheet for Responders”](#) U.S. Department of Health and Human Services, Administration for Strategic Preparedness and Response.
- [“Psychological PPE”: Promote Health Care Workforce Mental Health and Well-Being”](#) by the Institute for Healthcare Improvement

Toolkits, Activities, Resources:

- [Emotional PPE Organization](#) (assists with finding free mental health support for healthcare workers).
- [Well-B, Duke Center for HealthCare Safety & Quality](#)
- [University of Buffalo, School of Social Work's Self-Care Starter Kit](#)
- [“RAIN Practice”](#)

Webinars:

- [CDC “Protecting Health Worker Mental Health: A Call-to-Action” Webinar](#)
- The Missing Ingredient in Self Care | Portia Jackson-Preston | TEDx Crenshaw
- "Why Self Care isn't Selfish" | Jessica Brubaker | TEDx Grand Canyon University
- [Atlanta’s Resiliency Resource for Frontline Workers \(ARROW\) Webinar Series](#)
- [Mental Health First Aid by the National Council for Mental Wellbeing](#)

Organizational / Leadership Resources:

- [Toolkit for Well-being Ambassadors: A Manual](#) from the American Psychiatric Association
- [National Academy of Medicine Change Maker Campaign](#)
- [Interactive Screening Program](#) by the American Foundation for Suicide Prevention
- [The Schwartz Center](#)
- [CDC Impact Wellbeing Guide](#)
- [The Joint Commission Workplace Safety & Wellbeing](#)
- [2023 State of Workforce Mental Health](#) by Lyra Health
- [American Psychiatric Association Center for Workplace Mental Health: Working Well Toolkit](#)

Wellbeing Resources

Occupational Trauma (STS / PTSD / VT / Second Victim)

Articles, Guides, Helpful Reads:

- [“Secondary Traumatic Stress: Understanding the Impact on Professionals in Trauma-Exposed Workplaces”](#)
Training from the National Child Traumatic Stress Network
- [“Secondary Traumatic Stress Core Competencies: for Trauma-Informed Support & Supervision”](#) from the National Child Traumatic Stress Network
- [“Quick Safety Issue 39: Supporting second victims”](#) by the Joint Commission
- [“The Second Victim Phenomenon: A Harsh Reality of Health Care Professions”](#) by Susan D. Scott RN, MSN
- [“Secondary Traumatic Stress”](#), U.S. Department of Health & Human Services, Administration for Children & Families
- [Secondary Traumatic Stress Articles](#) by Science Direct
- [“Coping with Medical Error: Secondary Trauma”](#) by Brian Flaherty and Megan Call

Toolkits, Activities, Resources:

- [The Vicarious Trauma Toolkit](#) by US Department of Justice, Office for Victims of Crime
- [“Shelter From the Storm: Addressing Vicarious Traumatization Through Wellness-Based Clinical Supervision”](#)
Written by Seth C. W. Hayden, Derick J. Williams, Angela I. Canto, Tyler Finklea
- [“Secondary Traumatic Stress Innovations and Solutions Center \(STS-ISC\)”](#) by the University of Kentucky
(Resources, Webinars, Supervision Tools)
- [The Secondary Traumatic Stress Consortium Resource Hub](#)

Webinars:

- Webinar: [“Staying Inside the Window of Tolerance: An Advanced Training on Secondary Traumatic Stress and Resiliency”](#)
- [Introduction to Secondary Traumatic Stress & Related Challenges](#)
- [Online Training | STS Consortium](#)
- [“Secondary Traumatic Stress: Understanding the Impact on Professionals in Trauma-Exposed Workplaces”](#)
Training from the National Child Traumatic Stress Network

Screening Tools:

- Screening Tool: [Secondary Traumatic Stress Scale \(STSS\)](#)
- Screening Tool: [Professional Quality of Life \(ProQOL\)](#)
- Screening Tool: [Vicarious Trauma Assessment](#) by NASTAD

Organizational / Leadership Resources:

- Screening Tool: [Secondary Traumatic Stress Informed-Organizational Assessment \(STSI-OA\)](#)
- [Organizational Health in Trauma-Exposed Environments: Essentials](#)
- [Stress First Aid – National Center for PTSD](#)

Wellbeing Resources

Podcasts / Books:

- "If I Betray These Words" by Wendy Dean
- "The Soul Repair Podcast" by Dr. Susan Diamond and Dr. Rita Nakashima
- Clearly Clinical Podcast Episode: ["When We're Not Ok: Understanding and Managing Compassion Fatigue, Ep. 151"](#)
- "43cc Podcast" Podcast, Hosts: Wendy Dean, MD & Matt Ramsey, MD
- "Moral Injury" Podcast, Hosts: Wendy Dean, MD & Simon Talbot, MD
- "Burnout: The Secret to Unlocking the Stress Cycle" by Emily Nagoski, PhD, Amelia Nagoski, DMA
- "ACGME Well-Being Podcasts" by the ACGME
- "Trauma Stewardship: An Everyday Guide to Caring for Self while Caring for Others and the Age of Overwhelm" by Laura van Dernoot Lipsky
- "The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization" by F. Mathiue
- "Real Self-Care: A Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included)" by Pooja Lakshmin MD
- "The Assaulted Staff Action Program (Asap)" by Raymond B Flannery
- "The Gifts of Imperfection" by Brené Brown

Programs Specific for Helping Professionals:

- YOU Matter Program for Nationwide Children's Hospital (NCH) Employees.
- 988 Suicide & Crisis Lifeline
- [Physician Support Line @ 1 \(888\) 409-0141](#)
- [Resilience Counseling Ohio, Amy Bock, LPCC-S, CFRC](#)
- [Ohio Suicide Prevention Foundation – First Responder Services](#)
- [OSU Stress, Trauma and Resilience \(STAR\)](#)