



Additional Wellness Resources

Websites		
AAMC Wellbeing in Academic Medicine	www.aamc.org/news-insights/wellbeing/faculty	AAMC articles, courses and resources
National Academy of Medicine Clinician Well-Being Knowledge Hub	nam.edu/clinicianwellbeing	A comprehensive resource repository for those seeking to promote clinician well-being at their organizations and in their personal lives. Find articles, research studies and other resources.
ACGME Task Force on Physician Well-Being	www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being	Materials ranging from educational videos to toolkits and screenings
The Greater Good Science Center	greatergood.berkeley.edu	The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society.
Podcasts		
The Science of Happiness	greatergood.berkeley.edu/podcasts	A podcast from the Greater Good Science Center at the University of California, Berkeley that examines research-tested strategies on well-being and how you can incorporate them into your daily life.
The Happiness Lab	www.happinesslab.fm	The Happiness Lab is a podcast hosted by Dr. Laurie Santos of Yale University where she teaches the science of psychology and how it can help in making better life decisions and lead to a happier more fulfilling life.
Videos		
It's Not Burnout, It's Moral Injury	https://youtu.be/L_1PNZdHq6Q	Dr. Zubin Damania, more famously known as ZDoggMD, discusses why burnout is an inappropriate term to describe the stress and unhappiness physicians and healthcare workers are facing in medicine.
TED Talks: Talks for when you feel totally burned out	www.ted.com/playlists/245/talks_for_when_you_feel_totall	This is a list of TED Talks compiled by TED Editors which address issues related to well-being.

TED Talk: How to gain control of your free time	https://youtu.be/n3kNIFMXslo	Laura Vanderkam, who is an expert on time management, examines how we spend our free time and finds most of us overestimate our commitments each week while underestimating time we have to ourselves.
TED Talk: All it takes is 10 mindful minutes	https://youtu.be/qzR62JJCMBQ	Andy Puddicombe, who is an expert on meditation and mindfulness, reviews the power of mindfulness in our daily lives and explains how even 10 minutes can be beneficial to us.
TED Talk: A simple way to break a bad habit	https://youtu.be/-moW9jvvMr4	Dr. Judson Brewer is a psychiatrist and neuroscientist who studies mindfulness and its effects on the brain. He discusses how mindfulness can be used to change behaviors and habits.
TED Talk: The puzzle of motivation	https://youtu.be/rrkrvAUbU9Y	Dan Pink, who is an author on business and behavior, discusses how the traditional concept of rewards in the workplace may not have the expected effects and how we can use this to our benefit.
TED Talk: How to make stress your friend	https://youtu.be/RcGyVTAoXEU	Kelly McGonigal, who is a health psychologist, discusses how stress may only be a negative health factor if you perceive it as such and examines how we may use stress to our benefit.
TED Talk: How to be happy every day: It will change the world	https://youtu.be/78nsxRxbf4w	Jacqueline Way is the founder of a charity, 365give, with the goal of giving back to the world every day. She discusses how giving makes us feel good and why giving every day can help us feel good every day.
TED Talk: How to stay calm under pressure	https://youtu.be/CqgmozFr_GM	Noa Kageyama and Pen-Pen Chen examines why some people tend to do worse under pressure and discuss how one can avoid this phenomenon known as “choking”.
TED Talk: How to manage your time more effectively (according to machines)	https://youtu.be/iDbdXTMnOmE	Brian Christian, who is a programmer and researcher, examines the strategies computer scientists have developed in making computers more efficient and discusses how we can incorporate these strategies into our daily lives.
Books		
<i>Wherever You Go, There You Are</i> by Jon Kabat Zinn	www.goodreads.com/book/show/14096	This book examines simple steps one can take to cultivate mindfulness in one's own life.