

Compendium of Wellness Resources

Organized by the facets of wellbeing

1. CAREER/OCCUPATIONAL WELLBEING

Occupational wellbeing involves finding personal satisfaction and fulfillment through work. It entails using your talents and skills to their fullest extent through your career as well as understanding the need for and creating balance between work and personal time.

Topic: Practice of Medicine

Books

What Doctors Feel: How Emotions Affect the Practice of Medicine, Danielle Ofri, MD
How Doctors Think, Jerome Groopman, MD
One Doctor, Brendan Reilly, MD
Complications, Atul Gawande, MD, MPH
Better, Atul Gawande, MD, MPH
The Checklist Manifesto, Atul Gawande, MD, MPH
The Doctor Crisis, Jack Cochran, MD
Healer, Leader, Partner: Optimizing Physician Leadership to Transform Healthcare, Jack Cochran, MD
The Lost Art of Healing, Bernard Lown, MD
On Doctoring, Stories, Poems, Essays, Richards Reynolds, MD & John Stone, MD
Doctored: The Disillusionment of an American Physician, Sandeep Jauhar, MD
A History of the Present Illness: Stories, Louise Aronson
The Patient Will See You Now, Eric Topol, MD
The Creative Destruction of Medicine, Eric Topol, MD
How to Survive Medicine: Personally and Professionally, J. Firth-Cozens
Finding Balance in a Medical Life, L. Lipsenthal

Websites

<http://theheartofmedicine.org/>
<http://lovemedicineagain.com>
<http://kevinmd.com>
<http://narrativemedicine.org>
<http://www.cms.org/articles/category/physician-wellness>
<http://lissarankin.com>

Articles

[Why Doctors Are Sick of Their Profession.](#) Sandeep Jauhar, MD. WSJ.com
[Four Strategies To Make The Practice Of Medicine Work Better -- For Both Physicians And Patients](#) Robert Pearl, MD, Forbes.com

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Podcasts/TED talks

[A Doctor's Touch](#), Abraham Verghese, MD, ted.com

[Health Care Should Be a Team Sport](#), Eric Dishman, ted.com

[How do We Heal Medicine](#), Atul Gawande, MD, ted.com

Topic: Burnout

Books

Stop Physician Burnout: What to Do When Working Harder Isn't Working, Dike Drummond, MD

Remedy for Burnout: 7 Prescriptions Doctors Use to Find Meaning in Medicine, Starla Fitch, MD

Burnout, Ways of Coping and Job Satisfaction Among Doctors, Katyal Sudha and Kaur Chanpreet

Have fun: Doctor's Orders, Starla Fitch, MD

The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals, T. Skovholt & M.J. Trotter-Mathison

Websites

<http://www.thehappy.md.com>

<http://lovemedicineagain.com>

<http://gailgazelle.com>

<http://kevinmd.com>

Articles

http://well.blogs.nytimes.com/2012/08/23/the-widespread-problem-of-doctor-burnout/?_r=0

https://az414866.vo.msecnd.net/cmsroot/studergroup/media/studergroup/pages/resources/news-media/articles/physician_burnout_straight_a_review.pdf?ext=.pdf

<http://www.medscape.com/viewarticle/838437>

<http://thehealthcareblog.com/blog/2014/07/02/physician-burnout-its-time-to-take-care-of-our-own/>

<http://www.aafp.org/fpm/2013/0100/p25.html>

[Burnout and Satisfaction with Work-life Balance among US Physicians Relative to the General US Population](#); Shanafelt TD, Boone S, et al. Archives of Internal Medicine. 2012. 1-9

[Burnout and Career Satisfaction Among US Oncologists](#); Shanafelt TD, Gradishar WJ, et al. Journal of Clinical Oncology. 2014;32(7):678-86/

[Changes in Burnout and Satisfaction With Work-Life Integration in Physicians and the General US Working Population Between 2011 and 2017](#), Shanafelt, et al, 2019

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Podcasts/TED talks

[Avoiding Burnout: Finding Balance Between Work and Everything Else](#); A podcast with Christina M. Surawicz, MD, MACG

[Physician Burnout Podcast Audio—The 4 Causes of Physician Burnout and how to Slay the EMR Devil](#); Dike Drummond, MD, thehappy.md.com

[Doctor's Digest](#) Podcast Library

2. EMOTIONAL WELLBEING

Emotional wellbeing involves an awareness of your emotions as they occur and how those emotions impact your thoughts and behaviors. Emotional wellbeing is also about approaching life with optimism and finding meaning and purpose in what you do.

Topic: Mental Health

Books

The Anxiety and Phobia Workbook, E. Bourne

The Highly Sensitive Person, Elaine Aron, PhD

I Thought It Was Just Me, Brene Brown, PhD

Calming Your Anxious Mind, Jeffrey Brantley, MD

The Mindful Way Through Depression (includes CD), Mark Williams et al

How to be Sick, by Toni Bernhard

Mastering Your Moods: Understanding Your Emotional Highs and Lows, Paul Meier, MD, et al

You Might Want to Talk to Someone, Laurie Gottlieb

Websites

<http://www.mentalhelp.net/>

<http://www.psychcentral.com>

<http://www.apa.org/helpcenter/index.aspx>

<http://www.nimh.nih.gov/index.shtml>

Articles

[Physician Suicide, Overview, Depression in Physicians](#). Louise B Andrew, MD, JD

[Cognitive Behavioral Therapy for Depression](#), Jerry L. Halverson, MD, et al

[Methods of Alleviating Anxiety](#). Diane Roberts Stoler, EdD

Podcasts/TED talks

[Why We All Need to Practice Emotional First Aid](#), Guy Winch, ted.com

[Listening to Shame](#), Brene Brown, ted.com

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Apps

Calm

CBT-I Coach (cognitive behavioral therapy for insomnia)

Sleeptime

MindShift CBT

Happify

Stop, Breathe, Think

Topic: Stress Management

Books

Doctor to Doctor: Simple Steps to Ease Stress, Starla Fitch, MD

A Mindfulness Based Stress Reduction Workbook for Anxiety, Bob Stahl, PhD

Stress Reduction for Busy People: Finding Peace in an Anxious World, Dawn Groves

10 Solutions to Stress, Claire Michaels Wheeler

Progressive Relaxation, Michael McKay, PhD

Stress Management: A Comprehensive Guide to Wellness, Ronald G. Nathan

Stress Management for Caregivers, Jodi L. Oishevski

Full Catastrophe Living, Jon Kabat-Zinn

Websites

www.thehappy.md.com

www.stressdoctors.com

www.calm.com

www.stressfree.org

Podcasts/TED talks

ShrinkrapRadio.com\152-mindfulness-based-stress-reduction

Presentmomentmindfulness.com, podcasts on stress reduction

Apps

Destressify

Breathe2Relax

Accupressure: Heal Yourself

Relax Ocean Waves

Relaxing Sounds of Nature

Nature Sounds Relax and Sleep

Relax Melodies: Sleep Sounds

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Topic: Building Resilience & Mindfulness

Books

Full Catastrophe Living, Jon Kabat-Zinn, PhD

Real Happiness, Sharon Satzberg

Building Your Resilient Self: 52 Tips to Move from Physician Burnout to Balance, Gail, Gazelle, MD

Back to Life: Getting Past Your Past with Resilience, Strength, and Optimism, Alicia Salazar, MD

The Thing You Think You Cannot Do: Thirty Truths about Fear and Courage, Gordon Livingston, MD

The Secrets of the Bulletproof Spirit, Jillian Quinn, Azim Khamisa

Bounce, Robert Wicks

I Will Not Be Broken, Jerry White

The Resilient Physician, Wayne Sotile, PhD and Mary Sotile, MA

Flourish, Martin Seligman, PhD

Authentic Happiness, Martin Seligman, PhD

Spontaneous Happiness, Andrew Weil, MD

Daring Greatly, Brene Brown, PhD

The Gifts of Imperfection, Brene Brown, PhD

The Happiness Advantage, Shawn Achor

How to Train a Wild Elephant, Jan Chozen Bays, MD

Mindfulness for Beginners, Jon Kabat-Zinn, PhD

Healthy Self: Lessons on Mindfulness in Medicine, S. F. Santorelli

The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions, S.L.

Shapiro & L.E. Carlson

The Resilient Physician: Effective Emotional Management for Doctors and their Medical Organizations, W.M.

Sotile & M.O. Sotile

Websites

<http://Happify.com>

<http://brenebrown.com>

<https://today.duke.edu/2016/02/resilience>, Dr. Bryan Sexton 3 Good Things, Enhancing Caregiver Resilience

<http://marc.ucla.edu/default.cfm>, Mindfulness Awareness Research Center

<http://www.umassmed.edu/cfm/home/>, Center for Mindfulness in Medicine at UMASS Boston

www.kpccm.org, KPCO Center for Complementary Medicine (MBSR for non-members)

Articles

[If every fifth physician is affected by burnout, what about the other four? Resilience strategies of experienced physicians.](#) Zwack J¹, Schweitzer J.

[Enhancing Meaning in Work: A prescription for Preventing Physician Burnout and Promoting Patient-Centered Care.](#) Shanafelt T. JAMA. 2009;23;302(12):1338-40.

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[Physician Resilience: What It Means, Why It Matters, and How to Promote It.](#) Epstein RM, Krasner, MS. Academic Medicine. 2013;88:301-303.

[A Multicenter Study of Physician Mindfulness and Health Care Quality.](#) Beach MC, Roter D, et al. Annals of Family Medicine. 2013;11(5);421-428.

[From Triple to Quadruple Aim: Care of the Patient Requires Care of the Provider.](#) Bodenheimer, T, Sinsky C. Annals of Family Medicine. 2014;12:573-576.

Podcasts/TED talks

[From Burnout to Resilience: Coaching Physicians and Physician Leaders with Positive Psychology;](#) Harvard Medical School Institute of Coaching Podcast featuring Dr. Gail Gazelle

[The Surprising Science of Happiness,](#) Dan Gilbert, ted.com

[Happiness and its Surprises,](#) Nancy Etcoff, ted.com

[Flow, the Secret to Happiness,](#) Mihaly Csikszentmihalyi, ted.com

[How to Buy Happiness,](#) Michael Norton, ted.com

[Want to be Happy? Be Grateful,](#) David Steindl-Rast, ted.com

[The Habits of Happiness,](#) Matthieu Ricard, ted.com

[Want to be Happier? Stay in the Moment,](#) Matt Killingsworth, ted.com

[All it Takes is 10 Mindful Minutes,](#) Andy Puddicombe, ted.com

[The Happy Secret to Better Work,](#) Shawn Achor, ted.com

[The Power of Vulnerability,](#) Brene Brown, ted.com

Apps

Headspace

Stop, Breathe, Think

10% Happier

One-Moment Meditation

Happify

Calm

Insight Timer

Simple Habit

Mindfulness Daily

Topic: Coping with Grief/Loss/Bad Outcomes

Books

When Things Fall Apart, Pema Chodron

The Four Things That Matter Most, Ira Byock, MD

Knocking on Heaven's Door, Katy Butler

Tuesdays with Morrie, Mitch Albom

Second Victim, Just Culture, Sidney Dekker

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Being Mortal, Atul Gawande, MD, MPH

Final Exam, A Surgeon's Reflections on Mortality, Pauline Chen, MD

The Bright Hour, A Memoir of Living and Dying, Nina Riggs

Websites

<http://Mdmentor.com>

<https://www.facebook.com/supportmitss/> Medically induced trauma support services

Articles

[How Doctors Cope With Death](#). F Reynolds. Archives of Disease in Childhood 2006 Sep;91(9):727

[Nature and Impact of Grief Over Patient Loss on Oncologists' Personal and Professional Lives](#). L Granek, R Tozer. Arch Intern Med. 2012;172(12):964-966

Podcasts/TED talks

[Doctors Make Mistakes. Can We Talk About That?](#) Brian Goldman, MD, ted.com

[Let's Talk About Dying](#). Peter Saul, MD, ted.com

3. PHYSICAL WELLBEING

Physical wellbeing includes being aware of and taking care of your body, including engaging in pleasurable physical activity and eating food that is nutritious. Physical wellness also involves having a relationship with a health care provider and sleeping well.

Topic: Nutrition & Exercise

Books

Mindful Eating (includes CD), Jan Chozen Bays, MD

Good Calories, Bad Calories, Gary Taubes

Fat Chance, Robert Lustig, MD

Born to Run, Christopher McDougal

Body Love, Kelly LeVeque

Websites

<http://cookinglight.com>

<http://youtube.com>, Dr. Preston Maring's Kitchen Cooking Videos

<http://Berkeleywellness.com>

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Articles

NYT 7 Min workout:

<http://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/>

NYT 7 Min Advanced Workout:

http://well.blogs.nytimes.com/2014/10/24/the-advanced-7-minute-workout/?_r=0

Article that 7 min workout was based on:

http://journals.lww.com/acsm-healthfitness/Fulltext/2013/05000/HIGH_INTENSITY_CIRCUIT_TRAINING_USING_BODY_WEIGHT_5.aspx

Podcasts/TED talks

[Own Your Body's Data](#), Talithia Williams, ted.com

[Got a Meeting? Take a Walk](#), Nilofer Merchant, ted.com

[How to Live to Be 100+](#), Dan Buettner, ted.com

[Why dieting doesn't usually work](#), Sandra Aamodt, ted.com

[The Big Fat Surprise](#), Nina Teicholtz, ted.com

[Run for your life! At a comfortable pace, and not too far](#), James O'Keefe, ted.com

[Health Mind Fit Body](#) Podcast

[Pick the Brain](#) Podcast, Simple Steps to Make Healthy Eating Easier

Apps

NYT 7-Minute Workout (see articles above for download)

Runkeeper

Map My Fitness

Strava run

Fitness Buddy

Fitocracy

My Fitness Pal

Everybody Walk

Motivate Me to Exercise

Wherever Workout

Topic: Healthcare for Physicians

Books

The Physician as Patient: A clinical handbook for mental health professionals, M.F. Myers & G.O. Gabbard

The Handbook of Physician Health: The essential guide to understanding the healthcare needs of physicians, L.S.

Goldman, M. Myers, & L.J. Dickstein

When Doctors Become Patients, Robert Klitzman

When Doctors Get Sick, Harvey Mandell, Howard Spiro

When Doctors are Patients, Max Pinner, MD, Benjamin Miller, MD

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Websites

www.fsphp.org, Federation of State Physician Health Programs

www.cphp.org, Colorado Physician Health Program

Articles

[The 3 Biggest problems when doctors become patients](#), Advisory.com, July 2017

Podcasts/TED Talks

[What Happens When Doctors Become Patients?](#) Barton Kamen, MD, PhD, Tedmed.com

[A Doctor's Touch](#), A. Verghese, Ted.com

4. Community Wellbeing

Community wellbeing is having sense of engagement with the area where you live and work.

Community wellness also involves contributing positively to one's community.

Books

Belong: Find Your People, Create Community, & Live a More Connected Life, Radha Agrawal

Wellbeing: The Five Essential Elements, Tom Rath and Jim Harter

How to Be an Everyday Philanthropist, Nicole Bouchard Boles

Hoping to Help: The promises and pitfalls of global health volunteering, Judith N. Lasker

Websites

<https://bluezones.com>

<https://ggia.berkeley.edu> Science Based Practices for a Meaningful Life

Articles

<https://www.takingcharge.csh.umn.edu/community-wellbeing>

<https://nationalservice.gov> The Health Benefits of Volunteering

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5. Social Wellbeing

Social wellbeing means having strong relationships and love in your life. Social wellbeing also involves creating meaningful interpersonal relationships that feel supportive and satisfying.

Books

The 5 Love Languages, Gary Chapman

Difficult Conversations: How to Discuss What Matters Most, Douglas Stone, Bruce Patton, Sheila Heen

Mindful Relationship Habits, S.J. Scott and Barrie Davenport

Hold Me Tight, Dr. Sue Johnson

Attached: The New Science of Adult Attachment and How it Can Help You Find—And Keep—Love, Amire Levine, MD, Rachel S. F. Heller, MA

Getting the Love You Want, Harville Hendrix, PhD

You are a Badass, Jen Sincero

When Sorry Isn't Enough, Gary Chapman and Jennifer Thomas

Tell Me More—Stories about the 12 hardest things I'm learning to say, Kelly Corrigan

I'll Push You, Patrick Gray and Justin Skeesuck

I Hear You—the surprisingly simple skill behind extraordinary relationships, Michael S. Sorensen

*The Subtle Art of Not Giving a F*ck: The Counterintuitive Approach to Living a Good Life*, Mark Manson

Websites

<https://gottman.com>

<https://ggia.berkeley.edu>

Articles

<https://Markmanson.net> articles on happiness, self-knowledge, habits, and relationships

Podcasts/TED Talks

[On Being](#) Podcast and column

[Modern Love](#) Podcast and column

Hidden Brain Podcast <https://www.npr.org/series/423302056/hidden-brain>

[One Extraordinary Marriage](#) Podcast

6. Financial Wellbeing

Financial wellbeing means you are effectively managing your economic life. Financial wellbeing also involves having an understanding of your financial resources, how you spend and save money, and knowledge to direct financial decisions and plan for retirement.

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Books

The Financial Wellbeing Book: Creating Financial Peace of Mind, Chris Budd

You Only Live Once: the Roadmap to Financial Wellness and a Purposeful Life, Jason Vitug

Finding Your Financial Type: Clearing the Hurdles to Financial Wellness, Chantel Bonneau

Rich Dad Poor Dad, Robert T. Kiyosaki

You are a Badass at Making Monday, Jen Sincero

The Automatic Millionaire, David Bach

Age-proof, Jean Chatzky and Michael F. Roizen, MD

The Total Money Makeover, Dave Ramsey

Websites

<http://www.ssa.gov/retire2/estimator.htm>

<http://www.socialsecurity.gov/medicare/>

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

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

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

Articles

<https://minesblog.wordpress.com/2014/02/21/psychological-aspects-of-financial-wellbeing/>

<http://www.consumerfinance.gov/reports/financial-well-being/>

<http://www.fastcoexist.com/3043858/world-changing-ideas/the-science-of-why-you-should-spend-your-money-on-experiences-not-thing>

Podcasts/TED Talks

[Planet Money](#) NPR Podcast

[MAD Money with Jim Cramer](#) Podcast

[Motley Fool Money](#) Podcast

[Her Money](#) with Jean Chatzky Podcast

[Your Money Briefing](#) WSJ Podcast

Apps

Mint: Personal Finance

Digit: Save Money Effortlessly

Stash: Invest. Learn. Save