



## Resources and References

### Resilience

#### [ACGME Aware Resources for Well-Being](#)

- Stuart Slavin is the ACGME Scholar for resident wellbeing. He created this podcast and skills development workshop series (3 videos) to help understand cognitive distortions and cognitive reframing techniques.

#### [The Duke Center for Healthcare Safety and Quality](#)

- Multiple evidence-based, interactive [Resilience Tools](#) designed for healthcare workers in *bite-sized* portions. Interventions last between 3-15 days for 2-10 minutes/day. Receive prompts for the tools via email or text messages
- Intro to these tools in these [short videos](#)

#### [Self-Compassion Resource](#)

- One-stop “shopping” for resources cultivating self-compassion. Kristen Neff has done incredible work with Chris Germer on Self Compassion. Here she shares both meditations and exercises to help strengthen self-compassion.

#### [Cognitive Reframing for Common Cognitive Distortions](#)

- This chart created by Dr. David Burns provides a summary of common cognitive distortions and provides examples of how to approach and respond to these sabotaging thoughts.

#### [Greater Good In Action website](#)

- Greater Good Science Center has published a large array of practices you can do to cultivate well-being and happiness

#### [Mayo Clinic Resources for Stress Management](#)

- Ways to stop negative self-talk and promote positive thinking

#### [UC Berkeley’s Greater Good Science Center](#)

- The Science of Happiness at Work provides a self-paced on-line, 8-week curriculum taught by UC Berkeley Faculty that offers practical research-backed tips to live a happy and meaningful life.

#### [American College of Physicians Emotional Support Hub](#)

- Resource for well-being and health including resilience, financial well-being, suicide prevention and stress resources

[Apple Podcast: The Fierce Side of Self-Compassion](#)

- The Icahn School of Medicine at Mt. Sinai hosts a podcast with self-compassion researcher, Dr. Kristin Neff