

Wellness for Health Care Providers



Authors: Michelle Lockyer MD CCFP, Michael Roberts MD FCFP
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“Wellness goes beyond merely the absence of distress and includes being challenged, thriving, and achieving success in various aspects of personal and professional life”.¹ The work environment in healthcare is constantly changing. Workloads and stress levels continue to rise and can be difficult to manage. Healthcare providers commonly tend to the needs of others before their own making burnout far too common. In one survey, more than 50% of physicians reported that they felt symptoms of burnout that had a negative effect on the care they delivered.² Physicians need to develop strategies that encourage work–life balance and prevent burnout. The resources listed here should provide some useful guidance in the development of a wellness framework.

OMA WELLNESS CENTRE	http://php.oma.org/wellnessCentre.html	A wealth of wellness resources and links including mindfulness exercises, resilience action plans and the ability to connect yourself with individualized assistance.
E-PHYSICIAN HEALTH	http://ephysicianhealth.com	ePhysicianHealth.com is the world's first comprehensive, online physician health and wellness resource designed to help physicians and physicians in training be resilient in their professional and personal lives. Provides evidence-based information and innovative, user-friendly tools for self-help and collegial support.
MOOD GYM	https://moodgym.anu.edu.au/welcome/new/splash	MoodGym is a free, interactive self-help program that provides cognitive behaviour therapy (CBT) training in order to help users prevent and cope with depression and anxiety.
CMA PHYSICIAN HEALTH AND WELLNESS	https://www.cma.ca/En/Pages/physician-health-wellness.aspx	Links to research, resources, upcoming national and international events and conferences plus a listing of podcasts on Physician health.

HEALTH, ARTS, HUMANITIES	http://health-humanities.com/	The Health, Arts, and Humanities Program advances a deeper understanding of health, illness, suffering, disability and the provision of healthcare by creating a community of health professionals interested in the arts, humanities and clinical sciences at the University of Toronto (and beyond).
RACHEL REMEN MD	http://www.rachelremen.com	Rachel Remen is a Clinical Professor of Family and Community Medicine at UCSF School of Medicine. Dr. Remen has enabled thousands of physicians to recover a sense of passion, calling and meaning in their work. A visit to her website will showcase her programs, books and other helpful material and links for finding meaning in medicine.
LITERATURE, ARTS, MEDICINE DATABASE	medhum.med.nyu.edu	A remarkable database of arts based stories, poems, and literature on health and the human condition.
MINDFULNESS IN MEDICINE RESOURCES	http://fhs.mcmaster.ca/wellness/mindfulness_in_medicine.html	Mindfulness practice can help relieve stress by letting go of preoccupations and being fully alive in the present moment. McMaster University has done an excellent job of collecting a variety of useful mindfulness resources listed with links.
CENTRE FOR MINDFULNESS STUDIES	www.mindfulnessstudies.com	A Toronto based resource that provide excellent courses in mindfulness both for personal and professional development.

1. Shanafelt TD, Sloan JA, Haberman TM. The well being of physicians. Am Med J 2003; 114: 513–17.
2. Wallace JE et al. Physician wellness: a missing quality indicator. Lancet 2009; 374: 1714–21