

Self-Care Resource for Family Physicians

Self-Compassion: Video	Compassion fatigue and the righting reflex – quick video re: how Motivational Interviewing can help with compassion fatigue (need to scroll through list) https://psychwire.com/motivational-interviewing/resources
Self-Compassion: Exercises	Self-Compassion exercises: https://self-compassion.org/category/exercises/
Resilience: Articles	<ul style="list-style-type: none"> • The Basics: Strategies for coping with stress and building personal resilience for physicians: https://php.oma.org/uploadedfiles/php/well-being/thebasics-full-version.pdf • Micro-practices for Burnout Prevention and Emotional Wellness: https://www.jacr.org/article/S1546-1440(20)30290-8/fulltext • A clinician's guide: how to manage morally distressing situations: https://boldly.cma.ca/blog/how-to-manage-morally-distressing-situations
Resilience: Video	Virtual Learning Hour Special Series: Transforming Moral Distress into Moral Resilience: http://www.ihl.org/resources/Pages/AudioandVideo/transforming-moral-distress-into-moral-resilience.aspx
Compassion Fatigue: Articles	<ul style="list-style-type: none"> • Overcoming Compassion Fatigue: https://www.aafp.org/fpm/2000/0400/p39.html • What is Compassion Fatigue? Compassion fatigue has been described as the “cost of caring” for others: https://www.tendacademy.ca/what-is-compassion-fatigue/
Mindfulness: App	<ul style="list-style-type: none"> • Mindfulness Apps with Healthcare Worker discounts: https://cbtskills.ca/resources/ (under mindfulness tabs) • https://www.headspace.com/ • https://insighttimer.com/
Mindfulness: Course	<ul style="list-style-type: none"> • Mindfulness Based Stress Reduction for Professionals: http://www.mindfulnessinstitute.ca/mbsr-professionals • Mindfulness-Based Cognitive Therapy: https://www.bcalm.ca/what-we-offer/mindfulness-based-cognitive-therapy/
Mindfulness: 15 minute guided meditation	The Science and Practice of Staying Present Through Difficult Times: https://www.mindful.org/science-practice-staying-present-difficult-times/