

Mental Health & Burnout in the Pandemic:

Name It, Frame It, & Tame It

Resources: Direct Links and Summaries

[AHA Physician Alliance](#)

With unique immersion experiences, virtual expeditions and webinars, *Questions with Clinician Leaders* podcast, issue briefs, guides and toolkits, as well as dedicated educational tracks at AHA flagship meetings, the American Hospital Association's Physician Alliance supports physician leaders in improving care for their communities and helps clinical and administrative leadership collaborate effectively.

[AMA Highlights Mental Health Resources for Physicians During COVID-19](#)

Press Release April 2, 2020: CHICAGO — The American Medical Association (AMA) announced resources available to help physicians cope with increased levels of distress and anxiety during the COVID-19 pandemic. The curated resources build on the AMA's ongoing efforts to ensure physicians and other frontline health care professionals have access to the latest news and information in a rapidly changing environment, including tools to manage their own mental health and well-being as they continue caring for patients.

[AMA: Physician Burnout and AMA: Physician Well-Being](#)

Burnout resources that give insight on caring for a doctor's well-being and preventing burnout.

[AMA: Practice Management – Physician Health](#)

Guidance and targeted solutions to support physician wellness, including personalized learning on best practices for preventing physician burnout, rediscovering joy in medicine, creating a culture of team-based care and improving practice efficiency.

[AMA STEPS Forward™](#)

A collection of engaging and interactive educational modules that are practical, actionable “how-to” guides to transform and improve your practice.

[Mayo: My Well-Being Index](#)

After years of validation and internal use at Mayo Clinic, the Well-Being Index is available to organizations around the world. Your dedicated Well-Being Index Specialist will guide you through each step of the process. Explore the 7-step process and see how easy it is to Go Beyond Burnout at your organization with the Well-Being Index.

[Stanford Medicine: WellMD](#)

WellMD from Stanford Medicine offers resources to combat stress and burnout including links to anonymous self-test sites to assess health and lifestyle and tips on ways to get healthy.

[10 TED Talks for When You Feel Burnt Out](#)

A curated list of experts in burnout science who provide tips on how to bounce back from feeling worn out and exhausted.