

Resource Sheet from the Duke Center for Healthcare Safety and Quality

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[Assess your Emotional Exhaustion, with benchmarking](#)



Bite-sized Well-being Tools (Anyone 18+): hsq.dukehealth.org/tools

- Three Good Things: bit.ly/start3gt



- Self-compassion Tool: bit.ly/selfcomptool



- [Duke's Well-being Essentials Training \(WELL-B\) - free via zoom](#)



- [Paper: Emotional Exhaustion among US Health Care Workers before and During the COVID-19 Pandemic, 2019-2021](#)

- [Paper: The Science of Healthcare Worker Burnout](#)

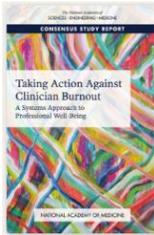
- [Bite-sized \(5 min\) Well-being Videos](#)

- [Well-being Research at Duke HSQ](#)

- [Paper: Teamwork Before and During Covid-19](#)

- [Bite-sized Teamwork Videos](#)

- [National Academy of Medicine's Systems Approach to Well-being](#)



- [Well-being Toolkit](#)
- [Provider Grief Toolkit](#)
- [Teamwork Training](#)
- Relaxation or meditation apps: Insight Timer, Headspace, Calm
- Utilize available EAPs/counseling/resources, including PTO
- Help create work cultures supporting well-being – discuss resources, encourage breaks/PTO, discuss mistakes as learning opportunities
- Build well-being into huddles/rounds: “1 good thing so far this week?” “What has gone well recently?” “What are we looking forward to?”
- Make well-being visible: bulletin boards/white boards/posters
- Consider a practice of [Positive Leader WalkRounds](#): e.g., “From your perspective, could you share three things that are going well in this work setting, and one thing that could be better?”
- National Suicide Prevention Lifeline: 988
- Crisis Text Line: Text HOME to 741741