



ACP Well-being Champions and Chapter Leaders can use these interventions to meet the specific needs of their local chapter members and promote internist well-being and professional fulfillment in their communities. These interactive events and discussion resources focus on mental health efforts. For example, these materials could inform didactic facilitated discussion sessions, informal chats, and social media posts.



Webinar Recordings:

- [Addressing and Supporting Physician Mental Health during Challenging Times](#) - this webinar addresses psychological and behavioral responses to crisis events and discusses a follow-up framework for individual, peer, and organizational interventions promoting healthcare worker well-being and sustainment (CME Eligible, 65 min).
- [Positive Psychology in Times of Crisis](#) - Dr. Kerri Palamara shares ideas from the coaching world including focusing on 3 good things, pausing to breathe, happiness boosters, sharing stories with colleagues, and more (CME Eligible, 52 min).
- [COVID-19: Practical Advice and Support from Internists on the Front Lines](#) - Drs. Eileen Barrett and Elisabeth Poorman share lessons learned and best practices from both the inpatient and outpatient front lines of the COVID-19 global pandemic (CME Eligible, 78 min).
- [Know Your Colleagues, Know Yourself: Checking in on Mental Health](#) - tools to recognize, address, and prevent distress in yourself and your colleagues with Dr. Liz Lawrence (Login Required, 40.5 min).
- [Well-being Champion Webinar: Feelings and Needs](#) - Dr. Kerri Palamara guides you through better expressing the complex feelings and needs connected to clinician well-being in the age of COVID-19. Use these exercises in your own coaching sessions, and adapt the slides and handouts to teach others (Login required, 35 min).
- [Medical Student Well-being: Don't Forget About Us](#) - a webinar with Dr. Micah Beachy about burnout in medical students and some ways to remediate it (55 min).
- [Mindfulness in Medicine: What Physicians Need to Know](#) - Dr. Gail Gazelle talks about what mindfulness is and gives some practical strategies for cultivating it (CME Eligible, 58 min).



- [Optimizing Well-being, Practice Culture, and Professional Thriving in an Era of Turbulence](#) - Dr. Read Pierce talks about where the profession is in terms of the national conversation about burnout and thriving in medicine and presents a new paradigm for thinking about these topics (CME Eligible, 51 min).
- [Physician Well-being for Residents and Fellows](#) - with Drs. Stewart Babbott and Fatima Syed (52 min).
- [Resident Well-Being During the COVID-19 Pandemic](#) - the impact of the pandemic on residents and responses and strategies to mitigate the impact (54 min).
- [Impostor Syndrome: Break On Through to the Other Side](#) - understanding impostor syndrome and its impact on students, trainees, and faculty as well as ways to combat it (Login required, 13 min).



ACP Adaptable Presentation:

- “Feelings and Needs” - developed by Dr. Kerri Palamara, a PPT of adaptable slides that can be used to present at Chapter meetings, well-being committee meetings, or other areas of your institution. [Download the PPT.](#)



ACP Policy:

- [Hidden Curricula, Ethics, and Professionalism](#) - a position paper on optimizing clinical learning environments including strategies for revealing what is hidden to foster the development of reflective and resilient lifelong learners.
- [Physician Impairment and Rehabilitation](#) - a position paper examining the professional duties and principles that should guide the response of colleagues and the profession to physician impairment.



Other Resources:

- [Coronavirus and mental health](#) - an APA blog post on mental health during infectious disease outbreaks.
- [Well-being in a Post-Pandemic World](#) - a panel of residents from hotspots around the country, sharing their experiences with Covid, advice for residents in areas with worsening outbreaks, and hopes for the future.
- [Positive Psychology Exercises by Dr. Kerri Palamara](#) - a few ideas to share based on positive psychology principles. Word Document opens online.
- ACP [I.M. Emotional Support Hub](#) - resources to take care of ourselves and encourage others to practice self-care.