



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 mind-body medicine efforts. For example, these materials could inform didactic facilitated discussion sessions, informal chats, social media posts, and well-being pauses.



### Webinar Recording:

- [Self-Care Mini but Mighty Skill for Well-being](#) - Dr. Charlene Dewey discusses and demonstrates self-care strategies for enhancing resilience and wellness (CME Eligible, 13 min).



### Tool Kit:

- [Professional Health and Wellness Mini-Portfolio](#) - to help you reflect on, document current practices, and envision activities and behaviors that promote self-care and professional health and wellness. PDF opens online.



### Other Resources:

- [Self-compassion.org](#) - meditation and exercise techniques to help you with self-compassion, being kind and understanding when confronted with personal failings.
- [GW School of Medicine and Health Sciences Office of Integrative Medicine and Health](#) - a collection of resources for integrative medicine and wellness, including patient resources.
- [Curated Positive Psychology Exercises by Dr. Kerri Palamara](#) - a few ideas to share based on positive psychology principles. Word Document opens online.