**Resources Recommended by Dr Fiona Moir, Connect Communications and UoA**

(in Presentation on *Preventing & Managing Stress and Burnout on 28/07/2021)*

**Burnou**t Excerpts from JAMA: Self-care of Physicians Caring for Patients at the End of Life …**Being Connected a Key to My Survival.** JAMA. 2009; 301 (11): 1155-1164 doi:10.1001/jama.2009.352 . [JAMAselfcareendoflife1.pdf (upaya.org)](https://www.upaya.org/uploads/pdfs/JAMAselfcareendoflife1.pdf)

*(it lists burnout signs, symptoms and strategies)*

**Nine Organizational Strategies to Promote Engagement and Reduce Burnout :**Tait D. Shanafelt, MD, and John H. Noseworthy, MD, CEO

<https://www.mayoclinicproceedings.org/article/S0025-6196(16)30625-5/pdf>

*(Organisational drivers leading to burnout or to engagement – the hexagon diagram, plus a great table of what individuals, teams, organisations and countries can do)*

*(Although these 2 articles above are about doctors, they are relevant for everyone)*

## Beyond Burnout: Beyond Burnout: How to Spot It, Stop It and Stamp It Out

Book by Suzi McAlpine

**Managing Stress and Worried Thinking**

<http://annwilliamson.co.uk>

including her very small book: ”Still in the Storm: How to Manage Your Stress and Achieve Balance in Life” (will take only 1-2 hours to read)

Loads of short techniques you can quickly learn. Website has some great content including self-hypnosis – if you want to try that.

CALM (Computer Assisted Learning for the Mind):

[http://www.calm.auckland.ac.nz](http://www.calm.auckland.ac.nz/)

(Evidence-based resources for positive psychological health and happiness)

The Black Dog Institute : [http://www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au/)

Martin Seligman : Authentic Happiness [http://www.authentichappiness.sas.upenn.edu](http://www.authentichappiness.sas.upenn.edu/)

The Mental Health Foundation [http://www.mentalhealth.org.nz](http://www.mentalhealth.org.nz/)

SPARX

*(Game to increase resilience. Generally targeted at younger people. Has had trials done on it – shown to help with depression)*

<https://www.sparx.org.nz/>

Togetherall (formally Big White Wall):

<https://togetherall.com/>

helpful UK site, where you can interact with others who are managing their psychological health, do short courses & use a self-assessment tool

Beyond Blue

<https://www.beyondblue.org.au>

Great Australian site – always has up-to-date info on things

**Mindfulness Resources:**

* Book: **Mindfulness: Finding Peace in a Frantic World**: Danny Penman, Mark Williams: (8 week ‘course’ that you work through yourself)
* Apps: **Headspace , Insight Timer, Smiling Mind**
* Free Online course: **Future Learn: Mindfulness for Wellbeing and Peak Performance** (4 week course)
* Course: MBSR – **Mindfulness Based Stress Reduction**: Mindfulness Auckland (8 week facilitated course)
* Book: **The Mindful Self-Compassion Workbook** : A Proven Way to Accept Yourself, Build Inner Strength, and Thrive: Kristin Neff , Christopher Germer

**Self-compassion resources**

* The main SC website: <https://self-compassion.org/>
* And on Connect’s website, we also have a 6-minute self-compassion audio track. Go to this page and scroll down to the bottom. <https://connectcomm.co.nz/resources/>

**Covid-Specific Resources:**

* DAILY VIDEOS TO HELP REDUCE ANXIETY BY PSYCHIATRIST, DR JUD BREWER:

Here are the topics for the first few videos:

* + o   5 simple habits for good mental hygiene
  + o   Using kindness to create connection during a crisis
  + o   Working with uncertainty
  + o   How to stop compulsively checking the news
  + o   How to spread connection instead of contagion
  + o   How fear + uncertainty lead to anxiety

Available on [Dr Brewer’s Youtube channel: click this link.](https://t.dripemail2.com/c/eyJhY2NvdW50X2lkIjoiMTIwNTU0OSIsImRlbGl2ZXJ5X2lkIjoidHF1c21tYmt3bDZ0emRtZnJ2MGwiLCJ1cmwiOiJodHRwczovL3d3dy55b3V0dWJlLmNvbS9wbGF5bGlzdD9saXN0PVBMNnNScWp0TGZpVFRuaTdvWEtwU2oyY1E5MjkwbGtwS0hcdTAwMjZfX3M9Z29oa2R6Z3A4dGlvbXFkMmd6b3EifQ)

WORLD HEALTH ORGANISATION RESOURCE

[Mental health and psychosocial considerations during the COVID-19 outbreak](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8)

MINISTRY OF HEALTH RESOURCE: COVID-19: Wellbeing at Alert Level 4

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-mental-health-and-wellbeing-resources>

ZOOM CHAT RECOMMENDATIONS FROM ATTENDEES:

While this course is titled 'weight loss' it's actually more about physical health. Best $299 I've ever spent - I'd highly recommend it! <https://www.drlibby.com/courses/weight-loss-for-women/>

Dr Di Nash runs Balint groups and has offered this to midwifery a few years ago

FIONA ADDED THIS LINK BELOW:

<https://www.balintaustralianewzealand.org/about/join-a-balint-group/>