



The Coalition for
Physician
Well-Being

Digital Resource Guide



About the Coalition

The Coalition for Physician Well-Being is a 501(c)3 tax-exempt collaborative initiative focused on promoting networking opportunities and programmatic knowledge-sharing for hospital systems, practices, and individual physicians and APPs. Committed to increasing wholeness and joy in the practice of medicine, The Coalition provides resources, research, and support to improve well-being programs, while empowering physicians and APPs, which will lead to meaningful positive change in the healthcare environment.

Medicus Integra©

The **Medicus Integra© Award** denotes formal recognition of hospitals and healthcare institutions that demonstrate significant, purposeful, ongoing commitment to the well-being of clinicians.

Medicus Integra© describes clinicians—clinicians whose lives are whole, complete, characterized by balance, purpose, and meaning; clinicians who integrate their personal and professional commitments in a manner that promotes personal well-being and contributes to society in a meaningful way; clinicians who are resilient, who comprehend and attend to the complex interdependence of body, mind, and spirit; clinicians who combine professional competence, relational skill, emotional accessibility, and spiritual sensitivity; who value communication, learning, teamwork, professionalism, and accountability; clinicians who care—for themselves, their families, patients, colleagues and coworkers; clinicians who lead, by precept and example, to assure quality patient care, and to advance the medical profession.



A Resource for Every Scenario

This guide provides an ever-growing list of resources aligned to the Coalition's Medicus Integra© framework. Medicus Integra© based upon the belief that clinician resilience and well-being is not only good for clinicians but is conducive to healthy organizational culture and essential to quality patient care. For these reasons, it is in the best interest of healthcare organizations to give attention to the well-being of clinicians and demonstrate intentionality in developing strategies and initiatives to prevent burnout and promote clinician wellness.

Highlighted resources are exclusive to members of the Coalition.



Business and Quality Resources

- [Speaker Catalog](#)
- Top Voices on Healthcare Worker Well-Being
 - All In: Well-Being First for Healthcare
 - American Hospital Association
 - American Medical Association
 - American Academy of Family Physicians
 - Champions of Wellness
 - Dr. Lorna Breen Heroes Foundation
 - National Academy of Medicine
 - The Physicians Foundation
 - Stanford Medicine
- [Featured Articles on Organizational Practices](#)
 - Building A Well-Being Program Series
 - Burnout & The Cost Series
 - GME Series
 - Leadership Series
 - Mentoring Series
 - Peer Coaching Series
 - Resiliency Series
 - Spirituality Series
- Coalition-Endorsed Books on Well-Being
 - [Physician Well-Being During Sustained Crisis](#)
 - [Transforming the Heart of Practice](#)



Culture Resources

- Coalition-Endorsed Books on Well-Being
 - [The Healer](#)
 - [Building My Village: A Woman's Guide Through a Career in Medicine](#)
- [Lumunos Wellbeing](#)
- COVID-19 Pandemic Prayer Guides



Resilience Resources

- Toolkits
 - [Duke University Resiliency Tool](#)
 - [The Wellness Society](#)
- Mental Health & Community
 - [CanyonRanch*](#)
 - [The Emotional PPE Project](#)
 - [For the Frontlines](#)
 - [National Center for PTSD](#)
 - [SAFEtalk](#)
 - [SAMHSA](#)
 - [Therapy Aid Coalition](#)
- Podcasts & Videos
 - [Clinician Experience Project](#)
 - [frequENTcy Podcast](#)
- Subscriptions
 - [Fitness Blender](#)
 - [Headspace](#)
 - [Reframe*](#)
 - [Total Brain](#)



Learning Resources

- [The Well-Being Connector Podcast](#)
- [Live Quarterly Webinars](#)
- [Comprehensive Webinar Archive](#)
- [Virtual Learning Center**](#)
- [Monthly Blog](#)
- [Books & Publications](#)
- [Monthly Newsletter](#)
- [Stanford COVID CME Portal](#)

*Coalition Members receive special discounts on these resources with an active membership.

**Coalition Members can take these CME-eligible courses for free as a benefit of their membership.