1) Confidential Faculty Psychologist: Julianne Zweifel, Ph.D.
jezweifel@wisc.edu 608-824-6160

2) Having difficulty coping with personal or work related issues? Visit the Employee Assistance Office website: eao.wisc.edu or contact: Sherry Boeger, eao@mailplus.wisc.edu 608-263-2987

3) Check out the UW Dept. of Family Medicine’s Mindfulness in Medicine Program: fammed.wisc.edu/mindfulness

4) Mindful Practice and Advanced Workshop: Enhancing Quality of Care, Quality of Caring, and Resilience Workshop April 27-May, 2015 Chapin Mill Retreat Center – Batavia, NY urmc.rochester.edu/family-medicine/mindful-practice

5) American Academy on Communication in Healthcare: aachonline.org

6) Take-away actions for avoiding burnout:
- Burnout meter awareness
- Mindfulness skills
- Revise priorities regularly
- Personal maintenance

7) Further reading:
- The Resilient Physician: Effective Emotional Management for Doctors and their Medical Organizations, Wayne Sotile
- Working with Emotional Intelligence, Daniel Goleman
- Wherever You Go, There You Are, Jon Kabat-Zinn