

## Resources for Avoiding Burnout

- 1) Confidential Faculty Psychologist: Julianne Zweifel, Ph.D.  
[jezweifel@wisc.edu](mailto: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](http://eao.wisc.edu)  
or contact: Sherry Boeger, [eao@mailplus.wosc.edu](mailto:eao@mailplus.wosc.edu) 608-263-2987
- 3) Check out the UW Dept. of Family Medicine's Mindfulness in Medicine Program: [fammed.wisc.edu/mindfulness](http://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](http://urmc.rochester.edu/family-medicine/mindful-practice)

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- 5) American Academy on Communication in Healthcare:  
[aachonline.org](http://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