



## **PERSONAL WELLNESS & RESILIENCE TRACKING**

### **Self-Assessment Tools**

- Brief Resilience Inventory
- Maslach Burnout Inventory
- Physician Well-Being Index
- Dimensions of Wellness Detailed Questionnaire



### **Self-Care**

- Weekly Resident protected time  
(used for appointments, free time, and taking a break)
- Call rooms and designed resident lounge
- Employee Assistance Program (EAP)
- Vitality Employee Benefit  
(online wellness program for overall health management)

