Physician well-being is influenced by both organizational and individual factors. This collection of AMA STEPS Forward® Practice Innovation Strategies offers proven approaches on how to engage health system leadership, understanding physician burnout and how to address it, and developing a culture that supports physician well-being.

**Toolkits??? and playbooks**

With a majority of American physicians experiencing some signs of burnout, it is a condition that affects all specialties and all practice settings. AMA's open-access toolkits offer innovative strategies that allow physicians and their staff to address physician burnout and thrive in the health care environment.

- Taming the EHR Playbook
- Creating the Organizational Foundation for Joy in Medicine™
- Scholars of Wellness
- Stress First Aid for Health Care Professionals
- Caring for the Health Care Workforce During Crisis
- Establishing a Chief Wellness Officer Position
- Chief Wellness Officer Road Map
- Peer Support Programs for Physicians
- Medical Student Well-Being
- Preventing Physician Suicide
- Resident and Fellow Burnout
- Physician Burnout
- Physician Well-Being
- Hospitalist Well-Being

**Webinars**


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Learn from proven approaches on how to streamline workflows, boost patient satisfaction and cut down on stress.

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**Podcasts**

Hear health care leaders share how they overcame practice challenges by implementing real-world solutions for physician burnout.

- Reducing Pajama Time and Work Outside of Work (WOW) (Apple Podcasts | Spotify)
- Setting Boundaries (Apple Podcasts | Spotify)
- Creating A Culture That Supports Well-Being (Apple Podcasts | Spotify)
- How a Chief Wellness Officer Manages His Own Burnout (Apple Podcasts | Spotify)
- Well-Being Programming for Resident Physicians and Clinical Fellows (Apple Podcasts | Spotify)
- Creating a Peer Support Program (Apple Podcasts | Spotify)
- Physician Burnout: One Doctor’s Story (Apple Podcasts | Spotify)

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**Research**

Articles assess the impact of the COVID-19 pandemic on physician stress and mental health and the relationship between being a physician and risk for burnout.

- Changes in Burnout and Satisfaction With Work-Life Integration in Physicians Over the First 2 Years of the COVID-19 Pandemic (Mayo Clinic Proceedings)
- Prevalence and correlates of stress and burnout among U.S. healthcare workers during the COVID-19 pandemic: A national cross-sectional survey study (The Lancet)
- Self Valuation Challenges in the Culture and Practice of Medicine and Physician Wellbeing (Mayo Clinic Proceedings)