

Equipping physicians to manage burnout and maintain wellness

Far too many American physicians experience burnout. The AMA develops resources that prioritize well-being and highlight workflow changes so physicians can focus on what matters—patient care.

Learn more about burnout—and how to improve resiliency



AMA STEPS Forward® Modules

Learn proven approaches to streamline workflows, boost patient satisfaction and reduce stress.

Explore the series.



AMA Moving Medicine podcasts

Listen to real-world stories and get physician wellness advice from health care experts.

- Apple Podcasts
- Spotify
- Simplecast
- Stitcher
- Audio transcripts
- Moving Medicine Videos