



TRAINETICS
HUMAN FACTORS

TRAINETICS
LEADERSHIP PROGRAMME

SUPPORT BIBLIOGRAPHY

(7)

Health & Wellbeing – Sustainable & Effective Interventions

RESILIENCE:

<https://www.pam-warren.co.uk/resilience/resilience-can-keep-going-face-challenge/>

MASLACH BURNOUT INVENTORY:

<https://hbr.org/2021/03/how-to-measure-burnout-accurately-and-ethically>

NHS SUPPORT:

[Wellness Compendium](#)

[ACP Wellbeing & Sustainable Working](#)

[EMTA Rest & Sleep Information](#)

[Mental Health in EDs](#)

[Caring for Doctors, Caring for Patients \(GMC\)](#)

[Support for Doctors \(AoMRC 2019\)](#)

[Civility Saves Lives](#)

[Meeting the challenge of reducing stress and building resilience in the NHS workforce \(HEE\)](#)

[Staying Safe](#) (this website offers free resources for anyone distressed, thinking about suicide, or worried about someone else)

[Getting Help](#) (The Laura Hyde Foundation Mind)

[NHS Choices – Healthy Eating](#)

[Doctor's Support Network](#)



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WWW.TRAINETICS.CO.UK

