



## RESOURCES FOR CREATING & DEVELOPING WELL-BEING COMMITTEES

- The [Manual for Well-Being Ambassadors](#) and [slide deck](#) that the American Psychiatric Association created for the medical profession.
- The Government of South Australia's (GOSA) [Workplace Health and Wellbeing Toolkit: Step by Step Guide to Developing a Successful Workplace Program](#). The Guide provides a framework for starting and sustaining well-being initiatives. The website also includes links to a variety of [templates, fact sheets, and other tools](#).
- The National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience [Knowledge Hub](#).
- A [Wellness Toolbox](#) created for medical residency programs to provide practical steps to create a culture that emphasizes full wellness.
- The American Medical Association's [Five Steps to Create a Wellness Culture](#).
- [Work and Well-Being Toolkit for Physicians](#) prepared by University of Colorado's Behavioral Health and Wellness Program.
- Globoforce's [Ten-Step Guide](#) to Working More Human.
- [The Wellness Network for Law](#). Collection of resources related to lawyer well-being provided by an Australian-based group.
- [Patrick Krill Strategies](#) Website. Patrick Krill, who led the 2016 study on lawyer mental health and substance abuse, is the leading expert on such disorders in the legal profession. His website provides resources relating to those topics.
- [Guarding Minds at Work](#). In 2013, Canada adopted the National Standard of Canada for Psychological Health and Safety in the Workplace—a set of voluntary guidelines, tools, and resources to guide organizations

in promoting mental health and preventing psychological harm at work. Its website collects resources to support the Standard.

- Psychological Health and Safety: [An Action Guide for Employers](#). A handbook created by the Mental Health Commission of Canada for employers wanting to launch a workplace well-being initiative.

## SMART PHONE & ONLINE APPS

- [Headspace](#): A popular meditation app.
- [10% Happier: Meditation for Fidgety Skeptics](#). A popular meditation app.
- [Calm](#): Mindfulness and meditation app.
- [Happify](#): App offering evidence-based solutions for better emotional health and wellbeing.
- [Stand Up!](#) Work break timer app. Prompts you to stand up according to a schedule you customize.
- [Happy Tapper Gratitude Journal](#): Gratitude App
- **Mental Health Apps.** The number of mental health-related apps is growing, including those targeting depression. A number of articles have tracked the trend and studies of effectiveness, such as:
  - ▶ Smart phone apps [can reduce depression](#).
  - ▶ [New apps designed to reduce depression](#), anxiety as easily as checking your phone.
  - ▶ Use and effectiveness of [mobile apps for depression](#).
- **Cognitive Reframing Training.** [Mood Gym](#) is a subscription-based online application created by academics to teach cognitive reframing—a key to mental health and resilience. Mood Gym has been recommended by a [scholar studying resident well-being](#) in hospitals, and other applications like this are becoming increasingly available.