**Stanford WellMD Physician Wellbeing Director Course**

**Well-being Cultivation Resources**

Thanks for taking time to review resources we have found useful in cultivating wellbeing. This is by no means an exhaustive list. More so, it’s a list of things we have personal experience with and would recommend to others.

For a broad array of resources, please visit the Greater Good Science Center has published a large array of practices you can do to cultivate well-being at [Greater Good in Action](https://ggia.berkeley.edu/).

The Duke Center for Healthcare Safety and Quality also has multiple [Resilience Tools](https://www.hsq.dukehealth.org/tools/) that can be accessed as part of ongoing research. You can learn more about the tools in these [short videos](https://www.youtube.com/playlist?list=PL0qVdhF-NfaXq_os1uYCnVHQnTyS3cgIQ).

**Mindfulness- see separate sheet**

Find resources including a list of quick practices that you can accomplish in 1 minute or less as well as a few of our favorite books, websites, and apps.

**Self-Compassion Cultivation**

Kristen Neff, PhD has shared both meditations and exercises to help strengthen self-compassion. This should be your first stop in compassion cultivation <https://self-compassion.org/>

A Simple Loving Kindness Meditation from the Great Good Science Center. Focus on the “Receiving Loving Kindness” Portion. <https://ggia.berkeley.edu/practice/loving_kindness_meditation>

An abundance of practices that cultivate well-being and happiness can be found at Greater Good In Action <https://ggia.berkeley.edu/>

Book: *Awakening Compassion at Work: The Quiet Power that Elevates People and Organizations*. Monica Worline and Jane Dutton. 2017.

Book: *Feeling Good: The New Mood Therapy.* David Burns. 1980

A summary of common cognitive distortions and methods for responding to them can be found here. <https://arfamiliesfirst.com/wp-content/uploads/2013/05/Cognitive-Distortions.pdf>

Book: *The Feeling Good Handbook*. David Burns. 1999.

The books discussed cognitive distortions and how to handle them using techniques used in cognitive behavioral therapy.

The Center for Compassion and Altruism Research and Education

<http://ccare.stanford.edu/>

CCARE investigates methods for developing compassion and promoting altruism within individuals and society through rigorous research, scientific collaborations, and academic conferences. In addition, CCARE provides compassion training programs and teacher training as well as educational public events and programs.

**Awe Cultivation**

[Suggestions from the Greater Good Science Center](https://greatergood.berkeley.edu/article/item/eight_reasons_why_awe_makes_your_life_better)

* Get out in nature, or make time for spirituality and religion.
* Write [about a personal experience of awe](https://greatergood.berkeley.edu/article/item/four_awe_inspiring_activities)
* Be inspired by other people’s actions—whether it's a superb athletic performance or a particularly generous act.
* Watch awe-inspiring videos
* Read an awe-inspiring story

[Awe-inspiring Videos from Louie Schwartzberg](https://movingart.com/)

[Use Pictures and Memories to Cultivate Awe](https://thethrivecenter.org/finding-awe-in-uncertain-times/)

**Improve Your Focus on the Positive**

Three Good Things

List 3 good things that happened that day, noting your active role in the events (e.g. "I saw a pretty sunset today" rather than just writing "There was a pretty sunset").

Describe the emotion felt in each positive moment.

[Watch Dr. Bryan Sexton](https://www.youtube.com/watch?v=OYMQYhey08w) describe the positive effects of three good things

The Doubler. Take one positive experience from the past 24 hours and spend two minutes writing down every detail about that experience. As you remember it, your brain labels it as meaningful and deepens the imprint. (credit Shawn Achor)

[Tips from Mayo Clinic to Promote Positive Thinking](https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950)

**Gratitude Cultivation**

Simply write down three things for which you are grateful today that occurred in the last 24 hours. You can use an online journal to help with this. We like the Five Minute Journal, which allows you to make a morning and evening entry as well as enter a daily picture. Recall that the Cheng et al study showed benefits from twice weekly journal entries over four weeks that were sustained for at least 2 months after the intervention.

Send a letter of gratitude to someone every day for one each. (Keep going if you’d like!) It should be personal but does not need to take more than 2 minutes to write. Feel free to write one daily if you’d like!

Huddles – Make it a habit to compliment someone and thank them at your team huddles. This not only boosts your wellbeing and the wellbeing of the recipienct, but it sets a tone for the team (and reinforces behavior you like!)

Gratitude Jar – This can be done with a child, a family, or at work. If you are doing it with children, start by discussion what gratitude is, and write down a few things on separate pieces of paper for which you are grateful. Keep them in a jar or some other container of your choosing. If you are artsy, feel free to decorate it. When you feel like it, read some of the notes. At work, this can help you feel connected to others in a positive way.

Gratitude Wall – A gratitude wall can be posted at home or work. At works, prompt people with questions such as, “What are you grateful for at work?”or “Share an experience that brought meaning to work”.

The Greater Good Science Center has developed [resources](https://ggsc.berkeley.edu/what_we_do/major_initiatives/expanding_gratitude/gratitude_partnerships/health_care) for health care organizations, including a Gratitude as Medicine Survival Kit and an online gratitude journal where you can express thanks both publicly or keep it private.

**Cultivate Meaning and Purpose**

Recall a clinical encounter that was meaningful, the type that made you feel honored, proud, and grateful to be a healer. What made it meaningful? What personal capacities did you have that contributed to that meaning? Take five minutes to record your thoughts.

www.meaninginmedicine.org FMM Resource Guide 2008 Rachel Naomi Remen. ISHI-Institute for the Study of Health and Illness at Commonweal.

The Remen Institute for the Study of Health & Illness ([RISHI](http://www.rishiprograms.org/))

RISHI’s mission is to contribute to healing the culture of health care through innovative educational programs and the formation of supportive communities. Programs include:

* Finding Meaning [Discussion Groups](http://www.rishiprograms.org/finding-meaning-discussion-groups/)
* Online Community of Physicians, [Remember the Heart of Medicine](http://theheartofmedicine.org/), who share discussions, poetry, storytelling, journal writing, symbols and imagery