

## **Resources from Dr. Susan Wehry**

Website: [www.susanwehrymd.com](http://www.susanwehrymd.com)

### [Resilience Tools – Duke Center for Healthcare Safety and Quality](#)

Resilience Tools. Who Adults age 18 and up are eligible. What The resilience tools are evidence-based, interactive, and specifically designed for busy healthcare workers. Interventions last between 3-15 days. Participants will receive prompts for the tools via email or text message. Why Burnout impacts 1 out of 3 healthcare workers, and there are simple tools that help individuals recover from ...

[www.hsq.dukehealth.org](http://www.hsq.dukehealth.org)

### **Three Good Things**

<https://youtu.be/OYMQYhey08w>