

Resources from Dr. Susan Wehry

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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

Three Good Things

<https://youtu.be/OYMQYhey08w>