

References

Care in the Time of COVID-19

Anxiety

- Shanafelt T, Ripp J, Trockel M. Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic. *JAMA*. Published online April 07, 2020. doi:10.1001/jama.2020.5893

Mindfulness

Free on-line introductory course by Monash University

- <https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

Reframing

- <https://www.verywellmind.com/cognitive-reframing-for-stress-management-3144872>

Saying “No”

- https://greatergood.berkeley.edu/article/item/5_research_based_ways_to_say_no

Self-compassion

- Babenco O, Mosewich AD, Lee A, Koppula S. Association of Physicians' Self-Compassion with Work Engagement, Exhaustion, and Professional Life Satisfaction. *Med Sci (Basel)*. 2019;7(2):29. Published 2019 Feb 12. doi:10.3390/medsci7020029
- Kristin Neff website: <https://self-compassion.org/>
- Freer Thinking, an Australian site has free resources in this toolkit: <https://compassionrevolution.care/toolbox/>

Gratitude

The broaden and build theory by researcher Barbara Fredrickson

- <https://positivepsychology.com/broaden-build-theory/>

Habits, routine and rituals

This Harvard Business Review article summarizing the research of Mike Norton:

- <https://hbr.org/2020/04/the-restorative-power-of-ritual>

Wellbeing initiatives

- Rimmer Abi, Chatfield Cat. What organisations around the world are doing to help improve doctors' wellbeing *BMJ* 2020; 369 :m1541. doi: <https://doi.org/10.1136/bmj.m1541> (Published 17 April 2020)

Patient Communication Skills for difficult conversations regarding COVID-19

- <https://www.ariadnelabs.org/coronavirus/clinical-resources/covid-conversations/>
- <https://www.vitaltalk.org/guides/covid-19-communication-skills/>

Pandemic Kindness Movement

A website hosting a series of resources for wellbeing during COVID 19 designed by Australian clinicians

- <https://www.aci.health.nsw.gov.au/covid-19/kindness>

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