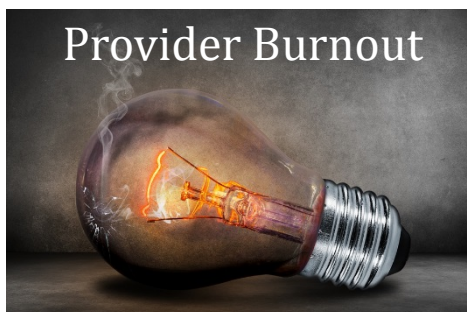




Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail Drs. Karla Thompson or Susan Gaylord with your suggestions and comments. For books, you can write a short review or we can pull information from the internet. For articles, we can present the abstract and a link.



The information below is from the UNC-CH Department of Psychiatry

- Provider burnout is a national, complex and systemic issue.
- As we navigate in an increasingly stressful environment while attempting to continue the same level of academic productivity, UNC, like all institutions across the country, has witnessed increasing rates of provider burnout.
- To combat this issue, UNC has adopted the Quadruple Aim, a focus on:
 - Enhancing patient experience
 - Improving population health
 - Reducing costs
 - Improving provider work life.
- The way forward requires novel approaches that integrate and add wellness as a critical metric in our collective performance as an institution.



RESOURCES

- UNC-CH Department of Psychiatry offers several programs to providers through their [“Wellness Initiatives”](#)
 - [Taking Care of Our Own Program – Provider burnout](#)
 - [Integrated Emotional Support program](#)
 - [Peer support program](#)