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| **National Suicide Prevention Hotline -** 1-800-273-8255 |
| **Resource** | **URL Link** | **Description** |
| **Self-Assessment Tools** |  |  |
| Work-life Balance Quiz | <https://cmha.ca/work-life-balance-quiz> |  |
| Burnout Questionnaire  | <https://web2.bma.org.uk/drs4drsburn.nsf/quest?OpenForm> |  |
| Stress Assessment  | <http://www.mentalhealthamerica.net/stress-screener> |  |
| Self-Compassion Assessment | <https://self-compassion.org/test-how-self-compassionate-you-are/> |  |
| **Mobile Apps** |  |  |
| Well-being Index | <https://www.mededwebs.com/well-being-index/mobile-app> | Assessment and resources on well-being, burnout, resilience |
| Nutrifix | <https://apps.apple.com/gb/app/nutrifix-find-your-healthy/id1173967619> | Assists in finding healthy meals at local restaurants/eateries that align with nutritional needs |
| Headspace | <https://www.headspace.com/> |  |
| Calm | <https://www.calm.com/> |  |
| 10% Happier | <https://www.tenpercent.com/> |  |
| **Local Fitness Classes** |  |  |
| Meditation Mondays | 227 Laurel Rd., 1 Echelon Plaza, Suite 101, Voorhees, NJ * Employees and household members are eligible through your EAP program; Students are eligible through your SWP program. Contact the office at (856) 770-5750 to register. Space is limited, so please RSVP no later than September 30, 2019. First come, first serve!
 | When: The 1st Monday each month, beginning October 7, 2019 at 6:30-8:00 PM |
| RowanSOM Wellness & Fitness Center | <http://rowanmedicine.com/services/wellness_fitness.php> |  |
| Jefferson Health NJ | <https://www.kennedyhealth.org/calendar/month?key=yoga&type=All&loc=All> |  |
| Crunch Fitness, Stratford | <https://www.crunch.com/locations/stratford> |  |
| Awesome Kickboxing – Stratford, NJ | 106 Warwick Rd, Stratford, NJ 08084 |  |
| Planet Fitness | <https://www.planetfitness.com/gyms/clementon-nj> |  |
| **Suggested Books** |  |  |
| *10% Happier* by Dan Harris  | [https://www.amazon.com/10-Happier-Self-Help-Actually-Works/dp/0062265431/ref=tmm\_pap\_swatch\_0?\_encoding=UTF8&qid=&sr=](https://www.amazon.com/10-Happier-Self-Help-Actually-Works/dp/0062265431/ref%3Dtmm_pap_swatch_0?_encoding=UTF8&qid=&sr=) |  |
| *Staying Human During Residency Training* by Allan Peterkin | <https://www.amazon.com/Staying-Human-During-Residency-Training/dp/1442613645> |  |
| *Physician Wellness: the Rock Star Doctor’s Guide: Change Your Thinking, Improve Your Life –* Rebekah Bernard, MD | <https://www.amazon.com/Physician-Wellness-Doctors-Thinking-Improve/dp/0996450939> |  |
| *Kitchen Table Wisdom* – Rachel Naomi Remen | <https://www.amazon.com/Kitchen-Table-Wisdom-Stories-Anniversary/dp/1594482098> |  |
| *50 Simple Things to Save Your Life During Residency (And Beyond)* by Ben Brown, MD | [https://www.amazon.com/Simple-Things-Save-During-Residency/dp/1941587003/ref=asc\_df\_1941587003/?tag=hyprod-20&linkCode=df0&hvadid=312425492373&hvpos=1o1&hvnetw=g&hvrand=10570358827520202974&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9003839&hvtargid=pla-572035436555&psc=1](https://www.amazon.com/Simple-Things-Save-During-Residency/dp/1941587003/ref%3Dasc_df_1941587003/?tag=hyprod-20&linkCode=df0&hvadid=312425492373&hvpos=1o1&hvnetw=g&hvrand=10570358827520202974&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9003839&hvtargid=pla-572035436555&psc=1) |  |