

# Wellness SOAP Notes:

## The Assessment and Plan for Student, Resident, and Preceptor Burnout

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### Determine Goal & Purpose

Goal: \_\_\_\_\_

Purpose: \_\_\_\_\_



### Obtain Leadership Support

Leaders: \_\_\_\_\_



### Build a Team

Stakeholders: \_\_\_\_\_



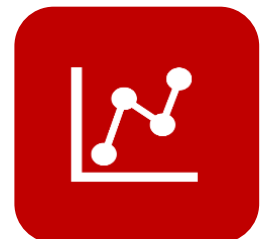
### Identify Resources

	National	Organizational	Department / Program
Physical			
Emotional			
Social			
Financial			
Career			



### Develop Programming

Resilience	Self-Management	Community
<input type="checkbox"/> Self-Care	<input type="checkbox"/> Myers Briggs	<input type="checkbox"/> Mentor Program
<input type="checkbox"/> Critical Reflections	<input type="checkbox"/> Strengths Finder	<input type="checkbox"/> Peer Recognition
<input type="checkbox"/> Appreciation & Gratitude	<input type="checkbox"/> Emotional Intelligence	<input type="checkbox"/> Space to Connect
<input type="checkbox"/> Mindfulness, Meditation & Breathing	<input type="checkbox"/> Crucial Conversations	<input type="checkbox"/> Social Events
<input type="checkbox"/> Internal Narrative	<input type="checkbox"/> Debt Management	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Time Management	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



### Create Metrics

Burnout	Well-Being	Qualitative
<input type="checkbox"/> Maslach (MBI)	<input type="checkbox"/> Well-Being Index (WBI)	<input type="checkbox"/> Self-Reflection
<input type="checkbox"/> Copenhagen (CBI)	<input type="checkbox"/> Stanford Professional Fulfillment (PFI)	
<input type="checkbox"/> Oldenburg (OBI)		