Additional Resources:


Comprehensive, online physician health and wellness resource designed to help physicians and physicians in training be resilient in their professional and personal lives.

The Center for Compassion and Altruism Research and Education Stanford School of Medicine [http://ccare.stanford.edu/tag/ccare/](http://ccare.stanford.edu/tag/ccare/)

UC San Diego Health System Compassion Cultivation Training [http://health.ucsd.edu/specialties/mindfulness/programs/compassion-programs/Pages/compassion-training.aspx](http://health.ucsd.edu/specialties/mindfulness/programs/compassion-programs/Pages/compassion-training.aspx)

Emory-Tibet Partnership Emory University Cognitively-Based Compassion Training [http://www.tibet.emory.edu/cbct/](http://www.tibet.emory.edu/cbct/)

“Mindfulness in Medicine: Improving clinician and community health” University of Wisconsin School of Medicine and Public Health Department of Family Medicine [https://www.fammed.wisc.edu/mindfulness](https://www.fammed.wisc.edu/mindfulness)

“Stress Resilience in Virtual Environments (STRIVE)” USC Institute for Creative Technologies [http://ict.usc.edu/prototypes/strive/](http://ict.usc.edu/prototypes/strive/)

References:

Yerkes RM, Dodson JD (1908). The relation of strength of stimulus to rapidity of habit-formation. *Journal of Comparative Neurology and Psychology* **18**: 459–482


