

## Wellness Apps and Websites

### APPS:

- **ACGME AWARE** for [Google Play](#) or [Apple](#) – Designed for individual physicians, particularly junior residents. Uses concepts from cognitive behavior therapy to help identify opportunities to improve well-being and helps users identify personal cognitive habits plus directs them toward practices and resources they may find useful for improving well-being. Includes video scenarios and didactics plus self-assessments and other resources. May also be used by a program or other group of individuals as part of a broader well-being curriculum.
- **COVID Coach** – developed by the US Department of Veterans Affairs (VA), this app includes tons of tools to build resilience, manage stress, and increase well-being.
- **Healthy Minds Program** – developed by UW-Madison Institute for Healthy Minds, this app trains your mind through meditation and short podcast lessons to gain focus, reduce stress, and maintain positive social connections.
- **Breathe2Relax** for [Google Play](#) or [Apple](#) – Stress management tool structured as a mobile app.
- **Headspace** – mindfulness and meditation training to reduce stress, improve sleep, and improve wellbeing.
- **Calm** – mindfulness and meditation training to reduce stress, improve sleep, and improve wellbeing.
- **CBT-i Coach** – For people who have experienced symptoms of insomnia and would like to improve their sleep habits.
- **Coach.me** – Free goal-setting app designed to help users create and build good habits.
- **InsightTimer** – Free app for sleep, anxiety and stress.
- **Ten Percent Happier** – Meditation training from the world's top mindfulness experts.
- **Virtual Hope Box** – Smartphone application primarily to support suicide prevention. Can contain information about users' positive experiences, driving forces and those who care about them. Designed to help users cope with distress, overwhelming emotions and a need for inspiration. Confidential assistance.

## Websites:

- **ACGME Wellbeing Tools and Resources** - <https://dl.acgme.org/pages/well-being-tools-resources>
- **AMA Steps Forward: Physician Burnout Tools and Resources** - <https://edhub.ama-assn.org/steps-forward/pages/physician-burnout>
- **Using Technology to Combat Clinician Burnout [PDF]** - [https://journals.lww.com/jhmonline/FullText/2020/08000/Using\\_Technology\\_to\\_Combat\\_Clinician\\_Burnout.6.aspx](https://journals.lww.com/jhmonline/FullText/2020/08000/Using_Technology_to_Combat_Clinician_Burnout.6.aspx)
- **Greater Good Science Center – Resources for Health Professionals** - [https://ggsc.berkeley.edu/who\\_we\\_serve/health\\_professionals](https://ggsc.berkeley.edu/who_we_serve/health_professionals)
- **moodgym** – Web-based, self-help program designed to help prevent and manage depression and anxiety symptoms. <https://moodgym.com.au/>
- **Center for Health Minds** – UW Madison professors, Dr. Richard Davidson, shares a wealth of resources from over nearly three decades of research on the science of emotions, contemplative practices and qualities of mind that affect well-being, including attention, resilience, equanimity, savoring positive emotions, kindness, compassion, gratitude and empathy. [www.centerhealthyminds.org](http://www.centerhealthyminds.org)
- **Healthy Minds Innovations** - <https://hminnovations.org/science>
- **Mindful** - <https://www.mindful.org/>