

Resources



U.S. Department of Veterans Affairs

Veterans Health Administration
Phoenix VA Health Care System

- Employee Assistance Programs (EAP) or providers through insurance
- Self-assessment tools
 - Maslach Burnout Inventory (MBI) – most widely validated burnout assessment tool, more rigorous
 - Self Assessment Other Tools - PTSD: National Center for PTSD
<https://www.ptsd.va.gov/professional/treat/care/toolkits/provider/selfAssessmentOtherTools.asp>
 - Professional Quality of Life Scale - ProQOL Measure | ProQOL <https://proqol.org/proqol-measure>
 - Stress-and-Burnout-Questionnaire.pdf (appliedpospsych.com)
- List of self-care activities -
<https://healthyhappyimpactful.com/50-simple-self-care-ideas-for-a-bad-day/>
- Visitphoenix.com/events - Ongoing list of activities in Arizona
- <https://vacationidea.com/getaways/best-day-trips-from-phoenix.html> - Day trips from Phoenix