

## Coordinators' Resiliency Toolkit

For the last two years, AFMA has been researching and studying the wellness of its members and Family Medicine Residency Coordinators nationwide. We have confirmed what we suspected; some level of burnout is prevalent among the majority of our members, in some cases that level is very high. As an organization dedicated to the professional growth and development of its members, we have been compelled not just to study the issue, but to provide education, support and resources for those members who are experiencing burnout or suspect that they may be. So we introduce to you the first iteration of the "Coordinators' Resiliency Toolkit".

As Coordinators, we are heavily relied upon to have a finger on the pulse of our programs, to know what is going on and to look for signs of distress in our residents. To be able to do so, we must first take care of ourselves. Provided for you is an easy self-assessment to determine if you are, in fact, experiencing burnout or are on the verge of burnout. We recommend that you complete the assessment, then follow the recommendations associated with your score. Know that we all experience burnout at some time, so do not hesitate to reach out and ask for the help that you may need.

In addition to the self-assessment, we have gathered a variety of resources to assist you in maintaining your wellness. Exercise, encouragement, laughter and mindfulness all play key roles in our wellness and resiliency, we hope that you will take advantage of these resources and that they will bring you some comfort and joy.

The CRT is a living, breathing resource that will be updated periodically. If you know of other resources that can be added, please reach out to your Membership Committee, chaired by Caren Bachman and Patty Irwin. Let's be a part of each other's resiliency.

Take care and be well!

