

## **Stress-Management Resources for Physicians**

### **Publications**

Brewer, KC. *Getting Things Done*. National Press Publications 1991.

Gautam M. *Irondoc: Practical Stress Management Tools for Physicians*. Book Coach Press, Ottawa 2004.

Need KN, *Power Over Stress: 35 Quick Prescriptions for Mastering the Stress in Your Life*. QP Press Toronto 2003.

Puddester D, Flynn L, Cohen, J. *CanMEDS Physician Health Guide: A Practical Handbook for Physician Health and Well-being*. Ottawa: The Royal College of Physicians and Surgeons of Canada.

Peterkin AD. *Staying Human during residency training*. 3<sup>rd</sup> ed. University of Toronto Press 2004.

Sotile WM, Sotile MO. *The Resilient Physician: Effective Emotional Management for Doctors and Their Medical Organizations*. American Medical Association 2002.

### **Websites**

Provincial Physician Health Programs (Including Nova Scotia Professional Support Program)

[http://www.cma.ca/index.php/ci\\_id/25567/la\\_id/1.htm](http://www.cma.ca/index.php/ci_id/25567/la_id/1.htm)

ePhysician Health:

[www.ePhysicianHealth.com](http://www.ePhysicianHealth.com)

eWorkplace Health:

[www.eworkplacehealth.com](http://www.eworkplacehealth.com)