



RESOURCE SNAPSHOT

HEALTH-CARE WORKER WELL-BEING

The American Hospital Association has a robust series of resources to help hospital leaders strengthen existing efforts and create new actions that support health care worker well-being. Below are highlights.

Learning the Skills It Takes

RESOURCE

[Building a Systemic Well-Being program](#)

Informed by hospital and health system chief wellness officers, this resource includes case examples and resources that inform a 5-step blueprint to guide organizations through a comprehensive approach to address drivers of burnout.

IN-PERSON EVENT

[AHA Leadership Experience](#) is an annual, three-day program in the fall that teaches skills to help leaders find greater life/work fulfillment.

PLAYBOOK

[Clinician Well-Being Playbooks](#) help hospital and health system leaders systematically tackle drivers of burnout and implement changes to promote well-being.

PODCAST

[AHA Masterclass Podcast](#) discusses how to build leader well-being.

WEBINAR TRAINING

Team STEPPS training tools that address [burnout](#) and [more](#).

INTERACTIVE STRESS METER

Connect with [resources](#) to support your current frame of mind.

Finding Evidence-Based Solutions

WORKFLOW GRAPHIC

[Science-Based Strategies to Promote Clinician Well-Being and Safety](#) demonstrates how leaders can apply human factor and ergonomics strategically to reduce occupational stress on clinicians and others.

STRATEGY GUIDE

[Supporting the Team](#), section 1 of AHA's workforce strategy guide offers actions and resources to support workforce well-being and behavioral health and prevent workplace violence.

[Chapter 1: Addressing Well-Being](#)

[Chapter 2: Supporting Behavioral Health](#)

[Chapter 3: Workplace Violence Prevention](#)

DIGITAL LIBRARY

The American Organization for Nursing Leadership's [Leading through Crisis: A Resource Compendium for Nurse Leaders](#) groups practical steps and effective strategies in an easy-to-use method, and [Workforce Compendium chapter 4](#) helps leaders nurture a positive practice environment.

Focusing on Suicide Prevention

READY-TO-USE MATERIALS

This [digital library](#) includes trustee education, campaign awareness materials, replicable case examples from hospitals of all sizes, and immediate steps that can safeguard your teams.

PODCAST

[Trauma-informed Leadership](#) outlines opportunities and challenges when leading a team impacted by trauma.