



ACP Well-being Champions and Chapter Leaders can use these interventions to meet the specific needs of their local chapter members and promote internist well-being and professional fulfillment in their communities. These interactive events and discussion resources focus on measurements to gather input for intervention planning efforts. For example, these materials could inform strategic plans, didactic presentations, informal chats, and social media posts.

## Webinar Recording:

- [How to review and analyze Mini-Z data](#) - Mark Linzer and Sara Poplau of Hennepin Healthcare take you step-by-step through the analysis of a chapter's Mini Z data (Login required, 40 mins). [tth](#)



## Survey Sites:

[Burnout and Well-being Measurement Instruments Resource Suite](#) - a summary of established tools to measure work-related dimensions of well-being. Each tool has advantages and disadvantages and some are more appropriate for use in Academic General Internal Medicine.



## Journal Articles:

[Burnout in Academic General Internal Medicine: Survey of burnout rates among GIM divisions and ideas for where sustainability efforts could be made.](#)



## Other Resources:

- Overview of burnout and ways to measure it. [Download the PPT.](#)
- Using the Mini-Z Survey to Get a Sense of Burnout. [Download the PPT.](#)
- Chapter or Program SWOT analysis template. [Download the PPT.](#)
- Generic Mini Z results year-by-year and targets table. [Download the Word Document.](#)