



Self care references and resources

References

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3. Frank E, Segura C, Shen H, Oberg E. Predictors of Canadian physicians' prevention counseling practices. Can J Public Health. 2010;101(5):390–5.
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6. Neff K. Self-Compassion [cited 2018 Jan 23]. Available from: <http://self-compassion.org/>

Resources

Doctors Health Advisory Service: <http://dhas.org.au/>

AMA Fatigue Risk Assessment Tool: <http://safehours.ama.com.au>

Surviving the Night Shift: <http://stemlynblog.org/not-night-shift/>

ALiEM Wellness Think Tank: <https://www.aliem.com/wellness-think-tank/>

Self-Compassion <http://self-compassion.org/>