Overview of Wellness Presentation Resources
Dr. Michelle Lizotte-Waniewski

General Wellness Books
2) Nutrition, Fitness and Mindfulness: An Evidence-based Guide for Clinicians

The Importance of Learning Wellness in Medical School

Imposter Syndrome and Perfectionism
Anxiety, Depression, Burnout, Suicide


Exercise


Nutrition


**Sleep Hygiene**


5) https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html

6) https://www.sleepfoundation.org/

**Mindfulness and Mind-Body Interventions**


2) Greeson JM and Chin, GR Mindfulness and physical disease: a concise review, Current Opinion in Psychology, Volume 28, 2019, Pages 204-210,


Thought Management/CBT


Social Connectedness
