

Practising Well Community of Practice

Tips and Tricks for Addressing Burnout – September 17, 2025

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Watch Past Sessions & Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Link
OMA - Operations and practice management	https://www.oma.org/practice-professional-support/running-your-practice/operations-and-practice-management/requests-from-dentists/
Physician Health Program - Articles about burnout, Burnout Toolkit and Connect with PHP – personal assistance for physicians	https://www.oma.org/practice-professional-support/physician-health-and-wellness/
Recorded Webinar (OMA Member access required) - Strategies to manage challenging patient encounters and preserve your well-being	https://learn.oma.org/login/index.php
ProQOL scale to measure satisfaction and compassion fatigue	ProQOL Measure ProQOL
You are not a frog: The podcast that helps people under pressure beat burnout and work happier	https://open.spotify.com/show/3teg92vTEUvSLBeCODvKK0

You are not a Frog	You Are Not a Frog: Podcast for Doctors
The Other Human in the Room by Dr. Joan Chan	https://open.spotify.com/show/60OP5H1qwvO3CQXBvHOTWU