

Statement of the ***Academic Consortium for Integrative Medicine and Health***
on **Commitment to Clinician Well-being and Resilience**

The mission of the *Academic Consortium of Academic Health Centers for Integrative Medicine and Health* (The Consortium) is to advance integrative medicine and health through academic institutions and health systems.

Embedded within that mission is our commitment to the health and well-being of all practitioners: students, residents and fellows, faculty and clinicians in the community, across all the health professions. We hereby commit to join with the work of the National Academy of Medicine's Action Collaborative.

Specifically, we commit to:

- Bringing awareness to our members and community about the importance of self-care and taking the steps to insure that a nurturing learning environment exists for our students, trainees and faculty;
- Disseminating information at our conferences and webinars regarding the scientific research related to chronic stress, burnout and resilience, and best practices regarding interventions at the individual, work unit, organization and national levels;
- Spearheading the appropriate incorporation of integrative health practices that can reduce or prevent chronic stress and burnout and promote resilience and well-being, especially in an inter-professional setting;
- Actively participating in informing better policies on these issues.

The Consortium believes that the health of the caregiver is essential to the integrity of our academic institutions and health systems and to insure the highest levels of safety and quality of patient care.

The Consortium currently has 72 institutional members (academic health centers and health systems) and represents thousands of scientists, educators, clinicians and other health professionals who share an interest in the field of Integrative Medicine and Health.