

REFERENCES





Adams, James G., and Ron M. Walls. 2020. "Supporting the Health Care Workforce During the COVID-19 Global Epidemic." JAMA: The Journal of the American Medical Association, March.

https://doi.org/10.1001/jama.2020.3972.

British Medical Association. 2018. Fatigue and sleep deprivation – the impact of different working patterns on doctors. https://www.bma.org.uk/advice-and-support/your-wellbeing/creating-a-healthy-workplace/fatigue-and-sleep-deprivation

British Medical Association. 2019. Anticipating and managing fatigue associated with doctors' working patterns. https://www.bma.org.uk/advice-and-support/your-wellbeing/creating-a-healthy-workplace/fatigue-and-sleep-deprivation

British Medical Association. 2020. "BMA | Your Wellbeing during the COVID-19 Pandemic."

March 31, 2020. https://www.bma.org.uk/advice-and-support/covid-19/your-health-and-wellbeing/your-wellbeing-during-the-covid-19-pandemic.

Brooks, Samantha K., Rebecca K. Webster, Louise E. Smith, Lisa Woodland, Simon Wessely, Neil Greenberg, and Gideon James Rubin. 2020. "The Psychological Impact of Quarantine and How to Reduce It: Rapid Review of the Evidence." The Lancet 395 (10227): 912-20.





Cerasoli, Christopher P., Jessica M. Nicklin, and Michael T. Ford. 2014. "Intrinsic Motivation and Extrinsic Incentives Jointly Predict Performance: A 40-Year Meta-Analysis." Psychological Bulletin 140 (4): 980-1008.

Chief Medical Officer's Physical Activity Guidelines. n.d. September 2019.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf.

Chopik, William J., Nicky J. Newton, Lindsay H. Ryan, Todd B. Kashdan, and Aaron J. Jarden. 2019. "Gratitude across the Life Span: Age Differences and Links to Subjective Well-Being." The Journal of Positive Psychology 14 (3): 292-302.

Coronavirus. n.d. "Coronavirus » List of NHS Staff Offers." Accessed April 19, 2020. https://www.england.nhs.uk/coronavirus/publication/list-of-nhs-staff-offers/.

Covey, Stephen R. 2004. The 7 Habits of Highly Effective People :restoring the Character Ethic. New York : Free Press.

Doctors' Wellbeing: Self Care during the Covid-19 Pandemic - The BMJ." 2020. The BMJ. March 16, 2020. https://blogs.bmj.com/bmj/2020/03/16/self-careduring-the-covid-19-pandemic/.





Dyrbye, Liselotte N., Daniel Satele, and Tait D. Shanafelt. 2017. "Healthy Exercise Habits Are Associated With Lower Risk of Burnout and Higher Quality of Life Among U.S. Medical Students." Academic Medicine: Journal of the Association of American Medical Colleges 92 (7): 1006-11.

Exercise. NHS.uk. Accessed November 29, 2019. https://www.nhs.uk/live-well/exercise/.

Exercise-Snacking_Instructions.pdf." n.d. Bath University Undated.https://www.bath.ac.uk/publications/exercise-snacking-instructions/attachments/Exercise-Snacking_Instructions.pdf.

Farquhar, Michael. 2017. "Fifteen-Minute Consultation: Problems in the Healthy Paediatrician-Managing the Effects of Shift Work on Your Health." Archives of Disease in Childhood. Education and Practice Edition 102 (3): 127-32.

Gerada, Walker 2020. Extraordinary Times: Coping Psychologically through the Impact of Covid-19 - The BMJ." 2020. The BMJ. March 31, 2020. https://blogs.bmj.com/bmj/2020/03/31/extraordinary-times-coping-psychologically-through-the-impact-of-

covid-19/?

utm_source=twitter&utm_medium=social&utm_term=ho otsuite&utm_content=sme&utm_campaign=usage.





Greenberg, Neil, Mary Docherty, Sam Gnanapragasam, and Simon Wessely. 2020. "Managing Mental Health Challenges Faced by Healthcare Workers during Covid-19 Pandemic." BMJ 368 (March): m1211.

Hartig. 2014. "Nature and Health." https://www-annualreviews-

org.libproxy.ucl.ac.uk/doi/10.1146/annurev-publhealth-032013-182443Health Education England. 2019.

NHS Staff and Learners' Mental Wellbeing Commission." n.d.

https://www.hee.nhs.uk/sites/default/files/documents/NHS%20(HEE)%20-

% 20 Mental % 20 Wellbeing % 20 Commission % 20 Report.pdf

Home | COVID Trauma Response Working Group." n.d. COVID Response. Accessed May 2, 2020. https://www.traumagroup.org/.

Keng, Shian-Ling, Moria J. Smoski, and Clive J. Robins. 2011. "Effects of Mindfulness on Psychological Health: A Review of Empirical Studies." Clinical Psychology Review 31 (6): 1041-56.

Magnon, Valentin, Guillaume T. Vallet, and Catherine Auxiette. 2018. "Sedentary Behavior at Work and Cognitive Functioning: A Systematic Review." Frontiers in Public Health 6 (August): 239.





Masento, Natalie A., Mark Golightly, David T. Field, Laurie T. Butler, and Carien M. van Reekum. 2014. "Effects of Hydration Status on Cognitive Performance and Mood." The British Journal of Nutrition 111 (10): 1841-52.

Maslach, Christina, and Michael P. Leiter. 2016. "Understanding the Burnout Experience: Recent Research and Its Implications for Psychiatry." World Psychiatry: Official Journal of the World Psychiatric Association 15 (2): 103-11.

Morrison, Alexandra B., Merissa Goolsarran, Scott L. Rogers, and Amishi P. Jha. 2014. "Taming a Wandering Attention: Short-Form Mindfulness Training in Student Cohorts." Frontiers in Human Neuroscience 7 (January): 897.

NHSemployers.org, 2020.Www. n.d. "Free Access to Wellbeing Apps for All NHS Staff.". http://www.nhsemployers.org/news/2020/03/free access to wellbeing apps for all nhs staff.

Ojo, Samson O., Daniel P. Bailey, Angel M. Chater, and David J. Hewson. 2018. "The Impact of Active Workstations on Workplace Productivity and Performance: A Systematic Review." International Journal of Environmental Research and Public Health 15 (3). https://doi.org/10.3390/ijerph15030417.





Psychological First Aid - COVID Trauma Working Group." 2020. https://232fe0d6-f8f4-43eb-bc5d-6aa50ee47dc5.filesusr.com/ugd/6b474f_a6f6d0a5cba34ce98629bfd03a2a9c8b.pdf.

Royal College Physicians London. 2006. Working the Night Shift: Preparation, Survival and Recovery." n.d. RCP London.

https://shop.rcplondon.ac.uk/products/working-the-night-shift-preparation-survival-and-recovery? variant=6334287429.

Sambrook, Dr Jan. 2017. "Relaxation Exercises | Reducing Anxiety." September 20, 2017. https://patient.info/news-and-features/relaxation-exercises.

Schuch, Felipe B., Davy Vancampfort, Joseph Firth, Simon Rosenbaum, Philip B. Ward, Edson S. Silva, Mats Hallgren, et al. 2018. "Physical Activity and Incident Depression: A Meta-Analysis of Prospective Cohort Studies." The American Journal of Psychiatry 175 (7): 631-48.

Schuch, Felipe B., Davy Vancampfort, Justin Richards, Simon Rosenbaum, Philip B. Ward, and Brendon Stubbs. 2016. "Exercise as a Treatment for Depression: A Meta-Analysis Adjusting for Publication Bias." Journal of Psychiatric Research 77 (June): 42-51.





Stern. Effect of Aerobic Exercise on Cognition in Younger Adults: A Randomized Clinical Trial. 2019. n.d. Accessed October 16, 2019., Neurology.

Sui, Wuyou, Siobhan T. Smith, Matthew J. Fagan, Scott Rollo, and Harry Prapavessis. 2019. "The Effects of Sedentary Behaviour Interventions on Work-Related Productivity and Performance Outcomes in Real and Simulated Office Work: A Systematic Review." Applied Ergonomics 75 (February): 27-73.

Teoh, Kinman 2020. Looking after Doctors' Mental Wellbeing during the Covid-19 Pandemic - The BMJ." 2020. The BMJ. March 26, 2020. https://blogs.bmj.com/bmj/2020/03/26/looking-after-doctors-mental-wellbeing-during-the-covid-19-pandemic/.

Time To Sleep Better with The New Sleep Hygiene Guidelines." n.d. The Sleep Council. Accessed December 2, 2019. https://sleepcouncil.org.uk/sleep-hygiene/.

Varvogli, L., and C. Darviri. 2011. "Stress Management Techniques: Evidence-Based Procedures That Reduce Stress and Promote Health." Health Science Journal. http://citeseerx.ist.psu.edu/viewdoc/download? doi=10.1.1.851.7680&rep=rep1&type=pdf.





Walker, Matthew. 2018. "Why We Sleep by Matthew Walker | New York, NY: Scribner,

West, Coia 2018. GMC Wellbeing Report - Caring for Doctors Caring for Patients." n.d. https://www.gmc-uk.org/-/media/documents/caring-for-doctors-caring-for-patients_pdf-80706341.pdf.

White, Mathew P., Ian Alcock, James Grellier, Benedict W. Wheeler, Terry Hartig, Sara L. Warber, Angie Bone, Michael H. Depledge, and Lora E. Fleming. 2019. "Spending at Least 120 Minutes a Week in Nature Is Associated with Good Health and Wellbeing." Scientific Reports 9 (1): 7730.

WHO. 2019 Burn-out an 'Occupational Phenomenon': International Classification of Diseases." May. https://www.who.int/mental_health/evidence/burn-out/en/.

WHO. 2020. COVID Mental-Health-Considerations.pdf." n.d. https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf

Wood, Alex M., Jeffrey J. Froh, and Adam W. A. Geraghty. 2010. "Gratitude and Well-Being: A Review and Theoretical Integration." Clinical Psychology Review 30 (7): 890-905..

