

Wellbeing, burnout, and safe practice among healthcare professionals: predictive influences of mindfulness, values, and self-compassion.

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<https://psnet.ahrq.gov/issue/wellbeing-burnout-and-safe-practice-among-healthcare-professionals-predictive-influences>

[Previous research](#) has found that mindfulness interventions can reduce stress and [burnout](#) among physicians. This survey of 98 healthcare workers within the UK National Health Service (NHS) explored the relationship between poor wellbeing, burnout and perceived safe practice and identified a positive relationship between mindfulness processes and perceived safe practices.