

The background is a watercolor illustration of a beach scene. The top half shows a sky with soft, blended washes of blue and green. Below the sky is a horizon line. The middle section depicts ocean waves in various shades of teal and blue, with white foam at the base of the waves. The bottom section shows a sandy beach in warm, golden-brown tones. The overall style is soft and artistic.

The 10-Minute Clinician Reset

A Quick Assessment for Staying Human in Healthcare

Based on the REVAMP Framework

WellMedEd

Why This Matters

You spent years learning how to care for patients. Few clinicians were taught how to sustain themselves.

This guide is a quiet pause. A chance to check in with yourself across six dimensions that shape your sustainability as a clinician.

Meet REVAMP

Six dimensions that shape your sustainability as a clinician.

R

Relationships

The connections that ground and restore you

E

Engagement

Your presence and investment in daily work

V

Vitality

Physical energy, sleep, movement, and rest

A

Accountability/Achievement

Boundaries, systems, and self-advocacy

M

Meaning

Purpose and alignment with your deeper why

P

Positivity

Joy, gratitude, and emotional buoyancy

Self-Assessment

Rate each statement from 1 (rarely) to 5 (almost always)

Relationships

I feel meaningfully connected to people outside of work

I have at least one person I can be fully honest with

I make time for relationships that restore me

Engagement

I feel present and invested during my clinical work

I experience moments of flow or satisfaction at work

I am learning or growing in ways that matter to me

Vitality

I am sleeping enough to feel rested most days

I move my body in ways that feel good regularly

I eat and hydrate in ways that support my energy

Self-Assessment

Rate each statement from 1 (rarely) to 5 (almost always)

Accountability / Achievement

I set boundaries that protect my time and energy

I advocate for what I need without guilt

I have systems that help me stay organized

Meaning

I can articulate why I chose this work

My daily tasks connect to something larger

I feel aligned with my values in my role

Positivity

I notice and savor good moments in my day

I practice gratitude in some form regularly

I experience joy or lightness outside of work

Score Your Results

Add your three scores for each domain. Write your totals below.

R Relationships
_____ / 15

E Engagement
_____ / 15

V Vitality
_____ / 15

A Accountability / Achievement
_____ / 15

M Meaning
_____ / 15

P Positivity
_____ / 15

Interpretation Guide

12-15: Thriving | 8-11: Managing | 3-7: Needs Attention

Your lowest score reveals where to focus first. There is no failing score
- only information about where you need support right now.

What Your Lowest Score May Be Telling You

Relationships

You may be isolated in ways you haven't fully acknowledged. Connection isn't a luxury - it's oxygen.

Engagement

You may be going through the motions. Reconnecting with curiosity or challenge could reignite your spark.

Vitality

Your body is keeping score. Small, consistent acts of physical care create compounding returns.

Accountability/Achievement

You may be over-giving without protecting your own capacity. Boundaries aren't selfish - they're sustainable.

Meaning

You may have lost sight of your why. Reconnecting with purpose doesn't require a career change - just clarity.

Positivity

Joy may feel like a luxury you can't afford. But noticing good moments is a skill, not a privilege.

Staying Human in Healthcare Is a Skill.

It can be practiced, strengthened, and sustained.
This assessment is your starting point - not your final score.

Ready to go deeper?

Download the Personalized REVAMP Prescription.
Your assessment identifies where you are today.
Your Personalized REVAMP™ Prescription shows you where to go next.

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