Compassion Fatigue Resources

Books

- *10% Happier: How I Tamed the Voice in my Head, Reduced Stress Without Losing my Edge and Found Self Help That Actually Works – A True Story, Dan Harris* - **Podcast:** 10% Happier
- *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science*, *Norman Doidge, M.D.*
- *Daring Greatly*, Brene Brown
- *Emotional Survival for Law Enforcement: A Guide for Officers and their Families*, Kevin M. Gilmartin
- *Healing from Trauma – A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life,* Jasmin Lee Cori
- *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*, Babette Rothschild
- *Inspired Nurse, Rich Bluni*
- *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Gabor Mate & Peter A. Levine
- *Kitchen Table Wisdom*, Rachel Naomi Remen
- *Peace is Every Step- Meditation In Action: The Life and Work of Thich Nhat Hanh*
- *Self Compassion: The Proven Power of Being Kind to Yourself*, Kristin Neff
- *Take Time for Your Life: A 7 Step Program for Creating the Life You Want*, Cheryl Richardson
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma,* Bessel van der Kolk, MD
- *The Compassion Fatigue Workbook*, Francoise Mathieu
- *The Making of a Nurse*, Tilda Shalof
- *The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals*, Thomas Skovholt
- *Transforming the Pain: A Workbook on Vicarious Traumatization*, Karen W. Saakvitne & Laurie Anne Pearlman
- *Trauma & Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror*, Judith Herman
- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, Laura Van Dernoot Lipsky
- *When the Body Says No: Exploring the Stress-Disease Connection*, Gabor Mate, M.D.
- *The Age of Overwhelm: Strategies for the Long Haul, Laura van Dernoot Lipsky*
- *Power of the Mind: Affirmations for Regulation, Heather Forbes (audio CD)*
- *The Mindful Path to Self-Compassion*, Christopher K. Germer
- *The Blue Zones of Happiness,* Dan Buettner
- *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity, Dr. Nadine Burke Harris*
- The Little Book of Hygge: Danish Secrets to Happy Living, Meik Wiking

Children's Books

- *The Way I Feel, Janan Cain*
- *Sitting Still Like a Frog: Mindfulness Exercise for Kids, Eline Snel*
- *Peaceful Piggy Meditation, Kerry Lee MacLean*
- *The Lemonade Hurricane: A Story of Mindfulness & Meditation, Licia Morelli*
- *How is Daniel Feeling?* Daniel Tiger's Neighborhood

Websites

- acestoohigh.com
- Acesconnection.com
- calm.com
- cdc.gov/ace/-Ace Study
- coloringcastle.com (mandala coloring pages)
- tendacademy.ca
- donothingfor2minutes.com
- CapeAble.com (weighted products)
- greentreeyoga.org
- heartmath.com
- drdansiegel.com
- mindful.org
- self-compassion.org
- mindfulschools,org
- americanbalintsociety.org
- mindfulhub.com
- MrsMindfulness.com
- Palousemindfulness.com (free MBSR class)
- Centerforyouthwellness.org
- proqol.org -Professional Quality of Life Scale
- resiliency.com
- kitchensafe.com (lock up phone)
- search-institute.org (40 developmental assets)
- zenhabits.net

Apps

- Breath2Relax
- Calm
- Virtual Hope Box (tools for coping, relaxing, distracting & positive thinking)
- CBT-i coach (improve sleep)
- Provider Resilience (National Center for Telehealth & Technology)
- PTSD Coach!
- T2 Mood Tracker (National Center for Telehealth & Technology)
- Whil. (mindfulness and yoga)
- Insight Timer (guided meditations, timer for meditations)
- 5-Minute Yoga
- Smiling Mind
- Yoga Studio
- Moment – Screen Time Tracker
- Productive Habit Tracker
- Relax Melodies (improve sleep)
- Daily Yoga

YouTube: Lesley Fightmaster Yoga – free online yoga classes