

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
* *Building Resilient Teams,* Patricia Fisher, Ph.D
* *Digital Minimalism: Choosing a Focused Life in a Noisy World,* Cal Newport*, 2019.*
* *Eat that Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time,* Brian Tracy, *2017.*
* *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
* *How to Thrive in a World of Too Much Busy,* Tony Crabbe, 2014.
* *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Gabor Mate & Peter A. Levine
* *It Wasn’t Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power or Self-Compassion,* Beverly Engel
* *Resilience Balance & Meaning: Supporting our lives and our work in high stress, trauma-exposed workplaces,* Patricia Fisher, Ph.D
* *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 Age of Overwhelm: Strategies for the Long Haul, Laura van Dernoot Lipsky*
* *The Art of Screen Time: How Your Family Can Balance Digital Media & Real Life,* AnyaKamenetz
* *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 Deepest Well: Healing the Long-Term Effects of Childhood Adversity,* Dr. Nadine BurkeHarris
* *The Making of a Nurse*, Tilda Shalof
* *The Nature Fix,* Florence Williams
* *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.
* *Why We Sleep: Unlocking the Power of Sleep & Dreams,* Matthew Walker, PhD

**Websites**

* [acestoohigh.com](http://www.acestoohigh.com)
* Acesconnection.com
* Americanbalintsociety.org
* calm.com
* Capeable.com (weighted products)
* cdc.gov/ace/-Ace Study
* centerforyouthwellness.org
* coloringcastle.com (mandala coloring pages)
* compassionresiliency.com
* Coursera.org The Science of Wellbeing class from Yale University (free on-line)
* donothingfor2minutes.com
* drdansiegel.com
* greentreeyoga.org
* heartmath.com
* Hopemadestrong.org
* kitchensafe.com (lock up phone)

Yogaworks.com

* mindfulhub.com
* mindful.org
* mindfulschools,org
* MrsMindfulness.com
* Palousemindfulness.com (free MBSR class)
* proqol.org -Professional Quality of Life Scale
* resiliency.com
* search-institute.org (40 developmental assets)
* self-compassion.org
* tendacademy.ca
* [zenhabits.net](http://www.zenhabits.net)
* Thistlefarms.org (essential oils)

**Apps**

* Breath2Relax
* Calm
* CBT-i coach (improve sleep)
* Daily Yoga
* Insight Timer (guided meditations & timer)
* Virtual Hope Box (tools for coping, relaxing, distracting & positive thinking)
* Provider Resilience (National Center for Telehealth & Technology)
* PTSD Coach!
* T2 Mood Tracker (National Center for Telehealth & Technology)
* Whil. (mindfulness and yoga)
* 5-Minute Yoga Workouts
* Smiling Mind
* Yoga Studio: Mind & Body
* Moment – Screen Time Tracker
* Productive Habit Tracker
* Relax Melodies (improve sleep)
* Tapping Solution
* Provider Resilience (Pro QOL)
* Abide, Pray, Hallow (Christian mindfulness apps)
* Wakeout – workplace workouts

**YouTube**

* Jon Kabat-Zinn – mindfulness & meditation
* Lesley Fightmaster Yoga & Yoga with Adriene – free online yoga classes
* Meditation music – singing bowls, binaural beats
* PsycheTrue – 10 minute power yoga workout with Myra