



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

- *Color Me Calm* – Lacy Mucklow
- *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. MD
- *Managing Traumatic Stress Through Art: Drawing from the Center*, Barry Cohen, Mary Michola-Barnes, Anita Rankin - available through Sidran Institute, sidran.org (click on Store)
- *Peace is Every Step- Meditation In Action: The Life and Work of Thich Nhat Hanh*, 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

- *What Doesn't Kill Us- The New Psychology of Post-Traumatic Growth* – Stephen Joseph
- *Healing from Trauma*, Jasmin Lee Cori
- *Before Happiness*, Shawn Achor
- *Why Zebras Don't Get Ulcers*, Robert Sapolsky
- *Live Happy*, Deborah K. Heisz
- *The Mindful Path to Self-Compassion*, Christopher K. Germer

Websites

- acestoohigh.com
- americanbalintsociety.org
- calm.com
- cdc.gov/ace/-Ace Study
- coloringcastle.com
- compassionfatigue.ca
- donothingfor2minutes.com
- figleyinstitute.com- Charles Figley
- get.gg - CBT Self-Help Resources
- greentreeyoga.org
- heartmath.com
- [Coffitivity \(also app – ambient sounds\)](#)
- MrsMindfulness.com
- mindful.org
- palousemindfulness.com
- mindfulhub.com
- proqol.org -Professional Quality of Life Scale
- resiliencetrumpsaces.org
- resiliency.com
- search-institute.org - developmental assets
- zenhabits.net
- Myselfcare.org

Free Apps

- Breath2Relax
- Insight Timer (guided meditations, timer for meditations)
- 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)
- iTunes U (meditation)
- Relax Melodies (improve sleep)
- Calm

YouTube

- Lesley Fightmaster Yoga – free online yoga classes