



# 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 of 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*, Anya Kamenetz
- *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 Burke Harris
- *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://acestoohigh.com)
- [Acesconnection.com](http://Acesconnection.com)
- [Americanbalintsociety.org](http://Americanbalintsociety.org)
- [calm.com](http://calm.com)
- [Capeable.com](http://Capeable.com) (weighted products)
- [cdc.gov/ace/](http://cdc.gov/ace/)-Ace Study
- [centerforyouthwellness.org](http://centerforyouthwellness.org)
- [coloringcastle.com](http://coloringcastle.com) (mandala coloring pages)
- [compassionresiliency.com](http://compassionresiliency.com)
- [Coursera.org](http://Coursera.org) The Science of Wellbeing class from Yale University (free on-line)
- [donothingfor2minutes.com](http://donothingfor2minutes.com)
- [drdansiegel.com](http://drdansiegel.com)
- [greentreeyoga.org](http://greentreeyoga.org)
- [heartmath.com](http://heartmath.com)
- [Hopemadestrong.org](http://Hopemadestrong.org)
- [kitchensafe.com](http://kitchensafe.com) (lock up phone)  
Yogaworks.com
- [mindfulhub.com](http://mindfulhub.com)
- [mindful.org](http://mindful.org)
- [mindfulschools.org](http://mindfulschools.org)
- [MrsMindfulness.com](http://MrsMindfulness.com)
- [Palousemindfulness.com](http://Palousemindfulness.com) (free MBSR class)
- [proqol.org](http://proqol.org) -Professional Quality of Life Scale
- [resiliency.com](http://resiliency.com)
- [search-institute.org](http://search-institute.org) (40 developmental assets)
- [self-compassion.org](http://self-compassion.org)
- [tendacademy.ca](http://tendacademy.ca)
- [zenhabits.net](http://zenhabits.net)
- [Thistlefarms.org](http://Thistlefarms.org) (essential oils)

## **Apps**

- Breath2Relax
- Calm
- CBT-i coach (improve sleep)
- 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
- Daily Yoga
- Insight Timer (guided meditations & timer)
- 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