

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.
* *Present Over Perfect, Shauna Niequist*
* *Healing From Trauma,* Jasmin Lee Cori
* *Before Happiness, Shawn Achor*
* *Stay, Breath with Me The Gift of Compassionate Medicine,* Helen Allison
* *Power of the Mind: Affirmations for Regulation, Heather Forbes (audio CD)*
* *Live Happy: Ten Practices for Choosing Joy*, Deborah K. Heisz
* *The Mindful Path to Self-Compassion*, Christopher K. Germer
* *Grit: The Power of Passion & Perseverance,* Angela Duckworth
* *Designing Your Life: How to Build a Well-Lived, Joyful Life,* Bill Burnett & Dave Evans
* *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](http://www.acestoohigh.com)
* calm.com
* cdc.gov/ace/-Ace Study
* coloringcastle.com
* tendacademy.ca
* donothingfor2minutes.com
* CapeAble.com (weighted products)
* greentreeyoga.org
* heartmath.com
* greatergood.berkeley.edu (happiness on-line class)
* mindful.org
* self-compassion.org
* palousemindfulness.com
* mindfulschools,org
* americanbalintsociety.org
* mindfulhub.com
* MrsMindfulness.com
* Palousemindfulness.com
* Centerforyouthwellness.org
* Mindfulhub.com
* proqol.org -Professional Quality of Life Scale
* resiliencetrumpsaces.org
* resiliency.com
* kitchensafe.com (lock up phone)
* search-institute.org (40 developmental assets)
* [zenhabits.net](http://www.zenhabits.net)

**Apps**

* Breath2Relax
* Calm
* 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)
* Whil. (mindfulness and yoga)
* 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