



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
- *A World Without Email: Reimagining Work in an Age of Communication Overload*, Cal Newport, 2021.
- *Breath: The New Science of a Lost Art*, James Nestor, 2020.
- *Digital Minimalism: Choosing a Focused Life in a Noisy World*, Cal Newport, 2019.
- *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*, Babette Rothschild
- *Self-Compassion: The Proven Power of Being Kind to Yourself*, Kristin Neff
- *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*, Françoise Mathieu
- *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, Dr. Nadine Burke Harris
- *The Last Best Cure: My Quest to Awaken the Healing Parts of My Brain and Get Back My Body, My Joy, and My Life*, Donna Jackson Nakazawa, 2013.
- *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

- calm.com
- cdc.gov/ace/-Ace Study
- helptexts.com
- compassionresiliency.com
- Coursera.org The Science of Wellbeing class from Yale University (free on-line)
- drdansiegel.com
- heartmath.com
- mindful.org
- Palousemindfulness.com (free MBSR class)
- Ctac.uky.edu (free screeners)
- proqol.org -Professional Quality of Life Scale
- actionforhappiness.org (calendars)
- search-institute.org (40 developmental assets)
- self-compassion.org
- Workplacestrategiesformentalhealth.com

Apps

- Breath2Relax
- Relax Melodies (sleep)
- Calm
- Tapping Solution

- Insight Timer
- Daily Yoga

Podcasts

- The Science of Happiness
- Mind Love/Modern Mindfulness
- Happify
- The Calmer You – Chloe Brotheridge
- Happy Place – Fearne Cotton
- Inside Mental Health
- Head Space
- Matt Walker (sleep)

YouTube

- Jon Kabat-Zinn – mindfulness & meditation
- Lesley Fightmaster Yoga, Yoga with Adriene, Yoga with Andrea – free online yoga classes