

# 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
- *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science*, Norman Doidge, M.D.
- *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
- *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
- *Before Happiness*, Shawn Achor
- *Stay, Breathe with Me: The Gift of Compassionate Medicine*, Helen Allison, RN, MSW
- *Designing Your Life: How to Build a Well-Lived Joyful Life*, Bill Burnett & Dave Evans
- *The Mindful Path to Self-Compassion*, Christopher K. Germer

- *Grit: The Power of Passion & Perseverance*, Angela Duckworth
- *Power of the Mind: Affirmations for Regulation*, Heather Forbes (audio CD)

### **Websites**

- [acestoohigh.com](http://acestoohigh.com)
- [americanbalintsociety.org](http://americanbalintsociety.org)
- [calm.com](http://calm.com)
- [cdc.gov/ace/-Ace Study](http://cdc.gov/ace/)
- [coloringcastle.com](http://coloringcastle.com)
- [compassionfatigue.ca](http://compassionfatigue.ca)
- [donothingfor2minutes.com](http://donothingfor2minutes.com)
- [rescuetime.com](http://rescuetime.com) (tracks computer/mobile use)
- [get.gg](http://get.gg) - CBT Self-Help Resources
- [greentreeyoga.org](http://greentreeyoga.org)
- [heartmath.com](http://heartmath.com)
- [greatergood.berkeley.edu](http://greatergood.berkeley.edu) (happiness on line class)
- [MrsMindfulness.com](http://MrsMindfulness.com)
- [mindful.org](http://mindful.org)
- [palousemindfulness.com](http://palousemindfulness.com)
- [mindfulhub.com](http://mindfulhub.com)
- [proqol.org](http://proqol.org) -Professional Quality of Life Scale
- [resiliencetrumpsaces.org](http://resiliencetrumpsaces.org)
- [fulfillmentdaily.com](http://fulfillmentdaily.com)
- [resiliency.com](http://resiliency.com)
- [search-institute.org](http://search-institute.org) 40 developmental assets
- [zenhabits.net](http://zenhabits.net)
- [self-compassion.org](http://self-compassion.org)
- [randomactsofkindness.org](http://randomactsofkindness.org)
- [Myselfcare.org](http://Myselfcare.org)

### **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
- checky (phone habit tracker)
- Whil. (mindfulness and yoga)
- Daily Yoga
- 5-Minute Yoga
- Yoga Studio
- Smiling Mind
- Gratitude Tree Journal

### **YouTube**

- Lesley Fightmaster Yoga – free online yoga classes