**Compassion Fatigue and Secondary Trauma Resources**

**Journals and Activities**

* [Amazon.com: 31 Day Mindfulness Challenge Cards - Take One a Day for a Month of Mindfulness : Toys & Games](https://www.amazon.com/31-Day-Mindfulness-Challenge-Cards/dp/B08DJ3YRSG/ref=sr_1_6?crid=P3I8WQMMGBE2&keywords=today+wti+hintention+a+guided+journal+for+reflection+mindfulness+and+self+care&qid=1643992127&s=books&sprefix=today+wti+hintention+a+guided+journal+for+reflection+mindfulness+and+self+care%2Cstripbooks%2C63&sr=1-6)
* [Gratitude Journal: Invest few minutes a day to develop thankfulness, mindfulness and positivity: Lalgudi, Sujatha, Hippidoo: 9781777421137: Amazon.com: Books](https://www.amazon.com/Gratitude-Journal-thankfulness-mindfulness-positivity/dp/1777421136/ref=sr_1_4?crid=3NVWU4AVMOGTM&keywords=grateful+journal&qid=1643992185&s=books&sprefix=grateful+journal%2Cstripbooks%2C89&sr=1-4)
* [52-Week Mental Health Journal: Guided Prompts and Self-Reflection to Reduce Stress and Improve Wellbeing: Catchings LCSW-S LCSW-C MSSW, Cynthia: 9781648767692: Amazon.com: Books](https://www.amazon.com/52-Week-Mental-Health-Journal-Self-Reflection/dp/1648767699/ref=sr_1_2_sspa?crid=1RFJ7M1JRHTVM&keywords=gratefulness+journal&qid=1643992238&s=books&sprefix=grateful%2Cstripbooks%2C94&sr=1-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExMk5WSE1UUldJMjMwJmVuY3J5cHRlZElkPUEwMDQyODUxTzhIWk1MM0pBSTE4JmVuY3J5cHRlZEFkSWQ9QTAyMDczNDc5RlhVQVJUSkNZNEUmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl)
* [I'm Grateful Every Day - One Year of Gratitude: Daily Gratitude Journal | 52 Weeks of Gratitude | 5 Minutes A Day | Mandala Design: Edith Smith: 9781708518516: Amazon.com: Books](https://www.amazon.com/Im-Grateful-Every-Day-Gratitude/dp/1708518517/ref=sr_1_3_sspa?crid=HMGUL41UVOWW&keywords=gratefulness+journal&qid=1643992253&s=books&sprefix=gratefulness+journal%2Cstripbooks%2C155&sr=1-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzMFM5UzhYS1cyRzQyJmVuY3J5cHRlZElkPUEwMzA1MzI2MVZCUFlCMFc1RUtMTSZlbmNyeXB0ZWRBZElkPUEwOTgyODIxM0c3RDBQUFRSQ0g1WCZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)
* [Mindfulness Journal: Daily Check-In: 90 Days of Reflection Space to Track Your Mindfulness Practice: Manieri, Kristen: 9781638078128: Amazon.com: Books](https://www.amazon.com/Mindfulness-Journal-Check-Reflection-Practice/dp/1638078122/ref=sr_1_8?crid=2TZQRO9HOA6QN&keywords=mindfulness+journal&qid=1643992278&s=books&sprefix=mindfulness+journal%2Cstripbooks%2C75&sr=1-8)
* [Let That Sh\*t Go: A Journal for Leaving Your Bullsh\*t Behind and Creating a Happy Life (Zen as F\*ck Journals): Sweeney, Monica: 9781250181909: Amazon.com: Books](https://www.amazon.com/Let-That-Sh-Go-Creating/dp/1250181909/ref=sr_1_5?crid=2TZQRO9HOA6QN&keywords=mindfulness+journal&qid=1643992305&s=books&sprefix=mindfulness+journal%2Cstripbooks%2C75&sr=1-5)
* [Amazon.com: The Mindfulness Journal 52-week Planner 2022 Edition: Guided Journal to Achieve Your Goals | A Year of Daily Inspiration & Joyful Journaling | Daily ... Reflections for Living in the Present Moment: 9798407692959: WIX, HMI: Books](https://www.amazon.com/Mindfulness-Journal-52-week-Planner-2022/dp/B09RFYCG9R/ref=sr_1_24?crid=2TZQRO9HOA6QN&keywords=mindfulness+journal&qid=1643992305&s=books&sprefix=mindfulness+journal%2Cstripbooks%2C75&sr=1-24)
* [Zen as F\*ck (Zen as F\*ck Journals): Sweeney, Monica: 9781250147707: Amazon.com: Books](https://www.amazon.com/Zen-Journal-Practicing-Mindful-Giving/dp/1250147700/ref=sr_1_26?crid=2TZQRO9HOA6QN&keywords=mindfulness+journal&qid=1643992305&s=books&sprefix=mindfulness+journal%2Cstripbooks%2C75&sr=1-26)
* [Amazon.com : Intelligent Change: The Five Minute Journal - A5 Original Daily Gratitude Journal for Happiness, Mindfulness, and Reflection - Daily Affirmations with Simple Guided Format - Undated Life Planner : Office Products](https://www.amazon.com/dp/0991846206/ref=redir_mobile_desktop?_encoding=UTF8&aaxitk=e8450a6fa85d10bc4b0fd5be09fa1fa4&hsa_cr_id=9214969140901&pd_rd_plhdr=t&pd_rd_r=54417866-990b-4d01-8e27-92baa6eea862&pd_rd_w=xIOeM&pd_rd_wg=7whVx&ref_=sbx_be_s_sparkle_mcd_asin_2_img)
* [Better Daily Self-Care Habits: Simple Changes with Lifelong Impact (Better Daily Habits): Horsham-Brathwaite PhD, Cicely: 9781648769795: Amazon.com: Books](https://www.amazon.com/Better-Daily-Self-Care-Habits-Lifelong/dp/1648769799/ref=sr_1_13?keywords=self+care+activities&qid=1643992590&sr=8-13#customerReviews)
* [Amazon.com: Unfuck Your Year: A Weekly Unplanner and Self-Care Activity Book to Manage Your Anxiety, Depression, Anger, Triggers, and Freak-Outs (5-Minute Therapy): 9781621061816: Harper Phd Lpc-S Faith, Acs Acn: Books](https://www.amazon.com/Unfuck-Your-Year-Depression-Freak-outs/dp/1621061817/ref=sr_1_15?crid=3KRD8BNJ6AL5M&keywords=self+care+activities&qid=1643993160&sprefix=self+care+activities%2Caps%2C195&sr=8-15)
* [Amazon.com : couples workbook](https://www.amazon.com/s?k=couples+workbook&adgrpid=1344703293304541&hvadid=84044194373426&hvbmt=bp&hvdev=c&hvlocphy=114583&hvnetw=o&hvqmt=p&hvtargid=kwd-84044317323449%3Aloc-190&hydadcr=22535_13494442&tag=mh0b-20&ref=pd_sl_45bdxqi7l1_p)
* [What I Love About You: Marshall, Kate, Marshall, David: 8601300480794: Amazon.com: Books](https://www.amazon.com/What-I-Love-About-You/dp/0767923154/ref=asc_df_0767923154?tag=bingshoppinga-20&linkCode=df0&hvadid=80608001419744&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4584207577614951&psc=1)   
  (for relationships)
* [Inside Then Out - Prioritizing What's Inside – INSIDE THEN OUT](https://www.insidethenout.com/)
* [relaxationtechniques.pdf (blackdoginstitute.org.au)](https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/relaxationtechniques.pdf?sfvrsn=10)

**Apps** (most recommended by TEND Academy)

* 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
* Breath2Relax
* Calm
* Virtual Hope Box (tools for coping, relaxing, distracting & positive thinking)
* CBT-i coach (improve sleep)
* Paired (tools for relationships and communication)

**Books** (most recommended by TEND Academy)

* *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 or Self-Compassion,* Beverly Engel
* *Meet your Soul,* Elisa Romeo
* *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,* AnyaKamenetz
* *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 BurkeHarris
* *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
* [eBooks | TEND Online Store | Resources for Individuals and Teams (tendacademy.ca)](https://www.tendacademy.ca/ebooks/)
* [Amazon.com: Louise L. Hay: Books, Biography, Blog, Audiobooks, Kindle](https://www.amazon.com/Louise-L.-Hay/e/B000APL6J4%3Fref=dbs_a_mng_rwt_scns_share)
* [Hope for Heroes | Emotional Survival Guide for Law Enforcement Officers](https://hopeforheroes.com/?msclkid=2b9f367515ad12e38fa9540793894b3e)

**Videos**

ANY/ALL PROVIDERS:

* [The Edge of Compassion | Françoise Mathieu | TEDxQueensU - YouTube](https://www.youtube.com/watch?v=IcaUA6A37q8)
* 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
* [Recognizing compassion fatigue - YouTube](https://www.youtube.com/watch?v=miL0yCEf9nk)
* [Compassion Fatigue Overview - YouTube](https://www.youtube.com/watch?v=dUOI8qBVAaE)
* [How to Set Boundaries as a Caregiver - YouTube](https://www.youtube.com/watch?v=P2y_D23hkDw)
* [What is Vicarious Trauma? And How Can Parents Overcome Compassion Fatigue? - YouTube](https://www.youtube.com/watch?v=VC4uaHCMSWY)
* [Drowning in Empathy: The Cost of Vicarious Trauma | Amy Cunningham | TEDxSanAntonio - YouTube](https://www.youtube.com/watch?v=ZsaorjIo1Yc)  
  TEACHERS:
* [SEL for Teachers: Understanding Stress and Burnout - YouTube](https://www.youtube.com/watch?v=dbT9KtYOr-8)
* [Compassion Fatigue: When teachers care too much | Well at Work Awareness Video # 1 - YouTube](https://www.youtube.com/watch?v=YRtJDaDt3dE)  
  [Compassion Fatigue for School Counselors - YouTube](https://www.youtube.com/watch?v=e2_j1eIzA9g)

HEALTHCARE:

* [Healthcare Compassion Fatigue - YouTube](https://www.youtube.com/watch?v=deKo6mwKE_o)
* [How to Manage Compassion Fatigue in Caregiving | Patricia Smith | TEDxSanJuanIsland - YouTube](https://www.youtube.com/watch?v=7keppA8XRas)
* ['Compassion fatigue' can wear on first responders - YouTube](https://www.youtube.com/watch?v=akH7q4ZIngk)  
  LEGAL PROVIDERS:
* [The toll of trauma: New study examines effects of 'compassion fatigue' on public defenders - YouTube](https://www.youtube.com/watch?v=uQgyhldvWDc)
* [Episode 11: Compassion Fatigue Pt 2 and Lawyer Well Being - YouTube](https://www.youtube.com/watch?v=U0Ey1EO8hTE)

LAW ENFORCEMENT:

* ['Compassion fatigue' can wear on first responders - YouTube](https://www.youtube.com/watch?v=akH7q4ZIngk)
* [A cop's most disarming weapon: compassion - YouTube](https://www.youtube.com/watch?v=22AUZezagxo)
* [PTSD, Moral Injury and Compassion Fatigue - YouTube](https://www.youtube.com/watch?v=4lQ2nKoGgt4)
* [Understanding the Effects of Fatigue on Law Enforcement - YouTube](https://www.youtube.com/watch?v=5ijZf4Ia22E)

**Websites** (most recommended by TEND Academy)

* Acesconnection.com
* Acestoohigh.com
* Americanbalintsociety.org
* [Best Virtual Therapy Services of 2022 (top10.com)](https://www.top10.com/online-therapy/virtual-comparison?bkw=virtual%20therapist&bcampid=370584862&bcamp=OTP%20Desktop%20-%20Broad&bagid=1180876409474520&bag=Virtual&btarid=kwd-73804932341747:loc-71300&bidm=bb&bnet=o&bd=c&bmobval=0&bt=search&utm_source=bing&utm_medium=cpc&utm_term=online%20compassion%20fatigue%20assessments&utm_campaign=Bing+CPC+Campaign&c=73804981546604&m=b&k=73804932341747&binterest=&bphysical=72302&bfeedid=&a=B7997&ts=&topic=&upf=&msclkid=e9d237de40a91346574455d98a50b671)
* Calm.com
* Capeable.com (weighted products)
* Cdc.gov/ace/
* centerforyouthwellness.org
* coloringcastle.com (mandala coloring pages)
* [Compassion Fatigue & Healthcare Professionals: An Online Guide (edumed.org)](https://www.edumed.org/resources/compassion-fatigue-online-guide/)
* compassionresiliency.com
* Coursera.org The Science of Wellbeing class from Yale University (free on-line)
* donothingfor2minutes.com
* drdansiegel.com
* [For Families | Children's Advocacy Centers of North Dakota (cacnd.org)](https://www.cacnd.org/building-resiliency/)
* [Frontiers | An Exploratory Study of Police Officers: Low Compassion Satisfaction and Compassion Fatigue | Psychology (frontiersin.org)](https://www.frontiersin.org/articles/10.3389/fpsyg.2018.02793/full#:~:text=Compassion%20Fatigue%20as%20a%20New%20Perspective%20in%20Examining,and%20tension%2C%20empathy%20and%20compassion%20can%20become%20weakened.)
* greentreeyoga.org
* [Guided Meditations - UCLA Mindful Awareness Research Center - Los Angeles, CA (uclahealth.org)](https://www.uclahealth.org/marc/mindful-meditations)
* heartmath.com
* Hopemadestrong.org
* kitchensafe.com (lock up phone)
* mindfulhub.com
* mindful.org
* mindfulschools.org
* MrsMindfulness.com
* Palousemindfulness.com (free MBSR class)
* [Police Compassion Fatigue — LEB (fbi.gov)](https://leb.fbi.gov/articles/featured-articles/police-compassion-fatigue)
* proqol.org -Professional Quality of Life Scale
* resiliency.com
* search-institute.org (40 developmental assets)
* [Self Care for Teachers Who Educate Traumatized Students | Resilient Educator](https://resilienteducator.com/classroom-resources/self-care-for-teachers/#:~:text=School%20leaders%20can%20help%20sooth%20compassion%20fatigue%20by,and%20then%20provide%20training%20on%20healthy%20coping%20skills.)
* self-compassion.org
* tendacademy.ca
* Thistlefarms.org (essential oils)
* Yogaworks.com
* [zenhabits.net](http://www.zenhabits.net)

**Assessments**

* [Self Assessment - Compassion Resiliency](http://www.compassionresiliency.com/self-assessment.html)
* [Compassion Fatigue Awareness Project](http://compassionfatigue.org/pages/selftest.html)
* [The Secondary Traumatic Stress Informed Organization Assessment Tool (STSI-OA) | Center on Trauma and Children (uky.edu)](https://www.uky.edu/ctac/stsioa)
* [Compassion Fatigue Assessment.pdf (samhealth.org)](https://www.samhealth.org/-/media/SHS/Documents/English/002-General-Patient-Ed/COVID-19/Professional%20Development%20PDFs/Compassion%20Fatigue%20Assessment.pdf?la=en&hash=F8E2AC39FDE7FCF6836F0CA4697D40E0C495B785)
* [Microsoft Word - Self Test - An Assessment.final.doc (ltcombudsman.org)](https://ltcombudsman.org/uploads/files/support/compassion-fatigue-self-test.pdf)
* [Compassion Fatigue Test | HealthyPlace](https://www.healthyplace.com/psychological-tests/compassion-fatigue-self-assessment)
* [Compassion Fatigue Self-Test (webflow.com)](https://global-uploads.webflow.com/5d8d3848918e58439ae3ca3f/5dcb23943922e845e6beabaf_Compassion%20Fatigue%20Self-Test.pdf)
* [SELF TESTS - Compassion Fatigue Awareness Project](http://compassionfatigue.org/self-tests.html)
* [Microsoft Word - Building\_TSS\_Handout\_2secondary\_trauma.docx (ed.gov)](https://safesupportivelearning.ed.gov/sites/default/files/TSS_Building_Handout_2secondary_trauma.pdf)
* [SECONDARY TRAUMATIC STRESS SCALE (srcac.org)](http://www.srcac.org/wp-content/uploads/2020/07/18_STSS_DSM_5.pdf)
* [The Secondary Traumatic Stress Informed Organization Assessment Tool (STSI-OA) | Center on Trauma and Children (uky.edu)](https://www.uky.edu/ctac/stsioa)