

Sustainability Resources



Books

- [Trauma Stewardship](#), Laura Van Dernoot Lipsky
- [Transforming the Pain: A Workbook on Vicarious Traumatization](#) Karen Saakvitne & Laurie Anne Pearlman
- [When the Body Says No: Exploring the Stress-Disease Connection](#), Gabor Mate
- [The Compassion Fatigue Workbook](#), Francoise Mathieu
- [Take Time for Your Life: A 7 Step Program for Creating the Life You Want](#), Cheryl Richardson
- [Peace is Every Step: The Path of Mindfulness in Everyday Life](#), Thich Nhat Hanh
- [Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma](#), Babette Rothschild
- [Kitchen Table Wisdom](#), Rachel Naomi Remen
- [The Resilient Practitioner](#), Thomas Skovholt
- [The Making of a Nurse](#), Tilda Shalof
- [Managing Traumatic Stress Through Art: Drawing from the Center](#), Barry Cohen, Mary Michola-Barnes, Anita Rankin - available through Sidran Institute, Sidran.org (click on Store)
- [Emotional Survival for Law Enforcement](#), Kevin Gilmartin
- [Glad No Matter What: Transforming Loss and Change into Gift and Opportunity](#), Sark
- [The Gifts of Imperfection](#), Brene Brown
- [Daring Greatly](#), Brene Brown
- [Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words](#), David Whyte
- [The Three Marriages: Reimagining Work, Self and Relationship](#), David Whyte
- [A Thousand Names for Joy: Living in Harmony with the Way Things Are](#), Byron Katie
- [Finding Joy: 101 Ways to Free Your Spirit](#), Charlotte Kasl
- [Stitches: A Handbook on Meaning, Hope and Repair](#), Anne Lamott
- [You Can Heal Your Life](#), Louise Hay
- [Restoring Sanctuary](#), Sandra Bloom

Websites

- compassionfatigue.ca
- zenhabits.net
- Donothingfor2minutes.com
- Calm.com
- Heart Math.com
- National Institute of Play
nifplay.org
- Resiliency.com
- Professional Quality of Life Scale - proqol.org
- Gifts From Within
- Rickhanson.net
- compassionunlimited.com
- psychink.com
- figleyinstitute.com
- goodnewsnetwork.org
- CompassionFatigue.org
- psychologicallysafeworkplace.ca
- Cherihuber.com
- 1000awesomethings.com
- Dailyom.com
- Wakeupcallcoaching.com
- Alancohen.com
- Mrsmindfulness.com
- Healyourlife.com
- Thework.com
- 1000journalsfilm.com
- Margaretwheatley.com

YouTube

- Stress reduction in 6 parts Kabat Zinn - #1-6, 10 minute sessions - shows how to and the benefits of meditation
- Maxine in Anger Management Class
- Jessica's Affirmation
- Just Breathe, Julia Bayer

Ted Talks

- Why it's Time to Forget the Pecking Order at Work, Magaret Hefferman
- The Happy Secret to Better Work, Shawn Achor
- All it Takes is 10 Mindful Minutes, Andy Puddicombe
- The Power of Vulnerability, Brene Brown
- The Edge of compassion, Francois Matieu

Apps

- Mindfulness bells bells
- Calm
- Headspace
- Provider Resilience
- PTSD Coach!
- Breathe2Relax