

COMPASSION FATIGUE RESOURCES

Websites:

- ◆ www.compassionfatigue.org
- ◆ www.tendacademy.ca
- ◆ www.healthycaregiving.com
- ◆ www.caregiverwellness.ca

TED Talks:

- ◆ How to Manage Compassion Fatigue in Caregiving – Patricia Smith
- ◆ Beyond the Cliff: Trauma Stewardship – Laura Van Dernoot Lipsky
- ◆ Drowning In Empathy: The Cost of Vicarious Trauma – Amy Cunningham
- ◆ The Edge of Compassion – Francoise Mathieu
- ◆ The Power of Vulnerability – Brene Brown

Self-Assessment Tool:

- ◆ The ProQOL 5 (English) – www.ProQOL.org

Stress Reduction

- ◆ www.headspace.com (app)
- ◆ Mindfulness Videos – Jon Kabat-Zinn

Books:

- ◆ The Compassion Fatigue Workbook – Francoise Mathieu
- ◆ Compassion Fatigue – Charles Figley
- ◆ Take Time for Your Life – Cheryl Richardson

Educational Resource:

- ◆ Alberta Health Services – www.albertahealthservices.ca - trauma informed care