Additional Resources:

**Articles:**


**Books/ Book Chapters:**


**Links:**

The Association for Psychological Science-Burnout and the Brain

The American Institute of Stress- Compassion Fatigue

Compassion Fatigue Awareness Project

Compassion Satisfaction & Compassion Fatigue (PROQOL) Version 5 (2009)

Coping Strategies Inventory
[pe.spps.org/uploads/copingskillsinventory.pdf](pe.spps.org/uploads/copingskillsinventory.pdf)

HelpGuide.org-Preventing Burnout: Techniques for Dealing with Overwhelming Stress

Society for the Advancement of Psychotherapy-Distress, Therapist Burnout, Self-Care, and the Promotion of Wellness for Psychotherapists and Trainees
Transforming Compassion Fatigue into Compassion Satisfaction: Top 12 Self-Care Tips for Helpers
http://www.compassionfatigue.org/pages/Top12SelfCareTips.pdf

PsychCentral- How Clinicians Practice Self-Care & 9 Tips for Readers

Wellspring Counseling-The Impact of Helping: Compassion Fatigue and Tips for Self-Care

Blogs:
Carter, S.B. (2013, November). The Tell Tale Signs of Burnout... Do You Have Them?

   https://militaryfamilies.extension.org/2017/06/30/transform-your-ability-to-manage-stress-through-mindfulness-meditation/

   https://militaryfamilies.extension.org/2017/07/21/the-transformative-power-of-sleep/


**Podcasts/Webinars/Online Media:**

