

# Compassion Fatigue Resources

Webinars/Videos/Websites to check out:

- [The Tapping Solution](#)
- [4-7-8 Breathing](#)
- [Overcome Overwhelm: Tap Into Your Own Internal Pharmacy](#)
- [A Return to Health Part One](#)
- [A Return to Health Part Two](#)
- [Breathe to Heal](#)
- [Your body language may shape who you are](#)
- [What Deep Breathing Does to Your Body](#)
- [If You Feel Thankful, Write It Down. It's Good For Your Health](#)
- [Trauma-informed Workplace Assessment](#)
- An article on [ecological grief](#) that **\*really\*** resonated for me
- Radiolab podcast: [Stress](#)
- Ologies podcast: [Traumatology](#)
- Friday Forward [blog re: gratitude](#)
- Psychology Today: [Is Accepting Unpleasant Emotions the Secret to Happiness?](#)
- Thought Catalogue: [This is What "Self-Care" REALLY Means, Because it's Not All Salt Baths and Chocolate Cake](#)
- Ladders: [New neuroscience reveals 4 rituals that will make you happy](#)
- WaPo: [Being empathetic is good, but it can hurt your health](#)
- [Hot Walk and Talk Protocol](#)

Books to check out:

- [Trauma Stewardship](#), Laura van Dernoot Lipsky
- [The Gift of Fear](#), by Gavin De Becker
- [To Save a Starfish](#), by Jennifer Blough
- [The Age of Overwhelm](#), Laura van Dernoot Lipsky (haven't read this yet, but looks great)