



Resources

Online Resources

www.tendacademy.ca

www.compassionfatigue.org

www.psychink.com

www.cargiverstresss.com

www.ottawamindfulnessclinic.com

www.selfcompassion.org
(audios, videos, exercises)

www.tuck.com
(Sleep Health Information)

Literature

Self-Compassion
(Kristen Neff)

When the Body Says No
(Gabor Mate)

Working from the Heart
(William P. Ryan)

True Love: A Practice for Awakening the Heart
(Thich Nhat Hanh)

The Mindfulness & Acceptance Workbook for Anxiety
(Georg H. Eifert)

The Book of Awesome
(Neil Pasricha)

The Book of Awakening
(Mark Nepo)

Apps

Stop, Breathe, Think
(Meditation guide for mindfulness and compassion)

SAMapp
(Self-help anxiety management)

Resilience Provider
(Assess compassion fatigue & burnout levels regularly)

Daylio
(Mood tracker & micro diary)

Fabulous: Motive Me!
(Create goals, rituals & new healthy habits)

Secret of Happiness
(Create a daily gratitude list)

