References: Articles, Papers, Videos, Blogs, and Websites

Introduction Section

• Article with advice for co-facilitating meetings.
• Webpage on leading group discussions.

Section 1: Compassion in Action

• Brené Brown video on empathy.
• Fetzer Organization Compassion Conversations Guide.

Section 2: Wellness, Compassion Fatigue, Resilience, and Self-Compassion

• Self-compassion article, Dr. Kristin Neff.
• Greater Good Science Center article.
• Conversations about compassion—a facilitator guide.
• Dr. Dennis Charney, MD, 10-step “Resilience Prescription”.
• Blog providing an overview of compassion resilience in the context of those who work in animal rescue.
• Article offering 6 techniques to harness your breath for stress relief and relaxation.
References

Section 3: Compassion Fatigue Awareness, Connection to Trauma, and Assessments
- Advancing Trauma-Informed Care Center for Health Care Strategies.
- TED Talk on the cost of vicarious trauma.
- Blog post on the second victim syndrome.
- A guide to cultivating compassion in your life, with 7 practices.
- Secondary Traumatic Stress Informed Organizational Assessment.
- Professional Quality of Life Scale, individual assessment of compassion satisfaction and compassion fatigue.

Section 4: Systemic Drivers of Compassion Fatigue
- Article on what an open dialog requires of you.
- Article from the National Academy of Medicine on their all-encompassing conceptual model of factors affecting clinician well-being and resilience.
- Article that speaks to using the support of family to help protect against burnout in the health care field.

Section 5: Expectations from Self and Others
- Article on how approach a conversation with bosses whose expectations may be too lofty.
- Caregivers’ Bill of Rights from the Compassion Fatigue Awareness Project.
- Another Caregivers’ Bills of Rights.
- Article on communicating employee expectations effectively.
- Post on the negative consequences of “shoulding” on ourselves (and how to avoid doing so).
- To think about some strategies for how to approach managing the expectations of clients, and the importance of communication, consider reading this article.

Section 6: Compassionate Boundary Setting—Personal and Professional
- Brené Brown video on boundaries and empathy.
- Building Healthy Boundaries.
References

- The University of Wisconsin-Oshkosh and Wisconsin Department of Health Services’ Professional Boundaries for Caregivers provides examples of boundary crossings and offers tips for staying in bounds in specific situations.
- Post about establishing a boundary “ritual” or routine between work and home.

Section 7: Contract for Positive Staff Culture
- TED Talk on making stress our friend.
- Healthy energizer brain break activities.
- Insightful article that talks about the importance of and elements to a positive staff culture and what leaders can do to foster those elements.
- Article on how DaVita HealthCare Partners created a community culture that dramatically enhanced the wellbeing of the organization, its staff and their clients.
- AMA developed module on creating positive team culture in your practice, including 10 steps for building a stronger, healthier team culture.
- Karen Saakvitne and Laurie Anne Pearlman, Transforming the Pain

Section 8: Strategies—Mind
- Animated video displaying the practice of mindfulness.
- A 4-minute video showing how mindfulness can be a helpful strategy for both adults and children.
- Mindful Attention Awareness Scale.
- Article on the benefits of saying “no” and how to do so compassionately.
- Blog post on organizing your brain, your time, your workspace, and your projects.
- Blog post with strategies to foster a workplace attitude of gratitude.
- Link to resources, videos, and tools to learn more about and develop a growth mindset.
- A popular and reliable time management approach, “Five Simple Steps That Apply Order to Chaos”.
- AMA toolkit on using appreciative inquiry to foster positive culture, including how to incorporate it into daily work to maintain positivity in your organization.
- Body scan exercises.
- Brief mindfulness exercises: Raisin Meditation.
References

Section 9: Strategies—Spirit
• The Power of Purpose.
• “Creating a Meaningful Vision Statement”.
• “5 Ways to Put Meaning Behind Your Hospital’s Mission, Vision and Values”.
• “Developing a Vision and a Mission”.
• Rogers InHealth Video Library. Stories of Recovery.
• “An Oath for New Physicians”.
• Article on the 5 elements of a powerful company mission statement.
• Rogersinhealth.org offers free, brief videos of individuals and families talking about their mental health challenges, resilience and their path of recovery.
• Healing Justice: Holistic Self-Care for Change Makers, by Loretta Plyes

Section 10: Strategies—Strength
• TED Talk by Kelly McGonigal on making stress our friend.
• Blog post on non-anxious presence and leading with clarity and calmness.
• Blog post with 5 strategies to build resilience.
• Website that offers many brief articles on topics included in this toolkit (this particular article is on the stages of change related to resilience).

Section 11: Strategies—Heart
• Seppala, E. (2012). Connect to thrive.
• Neff, K. (n.d.). Embracing our common humanity with self-compassion.
• Article, from the perspective of nurses, on workplace relationships, specifically trust and how it contributes to feeling accepted and valued by colleagues.
• A brief introduction and tips for developing better communication skills through structured dialog and communicating your trust distinctions.
• Reflection questions to assess emotional health.
• Reflection questions to assess relational health.
• Blog post that offers advice for leadership to help build relationships among their staff.
• 76 ice breaker questions.
• Assessment on your own self-compassion.
• Guide to cultivating compassion in your life.
Section 12: Compassionate Engagement with Families and Other Caregivers

- **Resources** to health family caregivers from The Schwartz Center.
- **Article** on supporting family caregivers through dedicated spaces and other resources, and the importance of family caregiver well-being on client well-being.
- The [Institute for Patient- and Family-Centered Care website](http://example.com) provides information on Patient- and Family Centered Care and incorporating it into your work to better engage with families.
- Zaider et al. (2016) *Responding to challenging interactions with families.*
- **Introduction on practicing appreciative listening.**
- A 3-minute mindfulness practice to ground you in the moment.
- **Video** on conducting a family conference.