**Web Resources for Compassion Fatigue**

* American Psychological Association - <https://www.healthinaging.org/tools-and-tips/caregiver-self-assessment-interactive>
* The American Institute of Stress - <http://www.compassionfatigue.org/index.html>
* Canadian Occupational Safety – “20 Warning Signs of Compassion Fatigue” - <https://www.thesafetymag.com/ca/news/opinion/20-warning-signs-of-compassion-fatigue/187493>
* Compassion Fatigue Project - <http://www.compassionfatigue.org/index.html>
* The Cost of Caring: 10 Ways of Preventing Compassion Fatigue” - <https://www.goodtherapy.org/for-professionals/business-management/human-resources/article/cost-of-caring-10-ways-to-prevent-compassion-fatigue>
* Eva, Ama. “Four Steps to a healthier, more helpful, and more sustainable form of empathy.” Greater Good Magazine; Science-Based Insights for a Meaningful Life., May 4, 2017.
* Pfifferling, J. , and Gilley, K. “Overcoming Compassion Fatigue,” *Fam Pract Manag.* 2000 Apr;7(4):39-44. - <https://www.aafp.org/fpm/2000/0400/p39.html>
* Positive Psychology - <https://positivepsychology.com/mindfulness-based-stress-reduction-mbsr/>
* Psychology Today July 28, 2014 – “Are you Suffering from Compassion Fatigue?” - [https://www.psychologytoday.com/us/blog/high-octane-women/201407/are-you-suffering-compassion-fatigue\](https://www.psychologytoday.com/us/blog/high-octane-women/201407/are-you-suffering-compassion-fatigue%5C)
* Quitangon, G. “Vicarious trauma in Clinicians: Fostering Resilience and Preventing Burnout,” Psychiatric Times, July 2019; Vol. XXXVI. No. 7.

**APPS for Relaxation and Meditation**

**Breathe2Relax** - <https://breathe2relax.soft112.com>

**Headspace** – FREE for healthcare workers for a year - [https://www.headspace.com](https://www.headspace.com/?utm_source=google&utm_medium=cpc&utm_campaign=10717250132&utm_content=105197918865&utm_term=453364399846&mindfulness%20apps&gclid=Cj0KCQjwyJn5BRDrARIsADZ9ykFv9BrNzO9B29G-gBWvNQRmnm4sPu8g7JUr2wDK1dib0P3rr0NF3E0aAvHbEALw_wcB)

**Insight Timer** - <https://insighttimer.com/>

**Relax Now** - <https://relax-now.en.aptoide.com/app>

**Plum Village** - <https://plumvillage.app>

**Smiling Mind** - <https://www.smilingmind.com.au>

**The Mindfulness App** – <https://themindfulnessapp.com>