# Recommended Resources

## ARTICLES

**Finding Moral Courage in Difficult Times** | https://tendtoolkit.com/finding-moral-courage/

**Beyond Kale & Pedicures: Can We Beat Burnout & Compassion Fatigue?** | https://tendtoolkit.com/beyond-kale-and-pedicures/

**Breathe, Reset, Refuel. Rinse, Repeat**. | https://tendtoolkit.com/breathe-reset-refuel/

**Coming Home to Secondary Traumatic Stress** | https://tendtoolkit.com/coming-home-to-sts/

**Disappoint Someone Today** | https://tendtoolkit.com/disappoint-someone-today/

## BOOKS

**The Age of Overwhelm: Strategies for the Long Haul** by Laura van Dernoot Lipsky, 2018

**Building Resilient Teams: Facilitating Workplace Wellness & Organizational Health in Trauma-Exposed Environments** by Patricia Fisher, 2015

**The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization** by Françoise Mathieu, 2012

**Real Self-Care: A Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included)** by Pooja Lakshmin, 2023

**Reducing Secondary Traumatic Stress: Skills for Sustaining a Career in the Helping Professions** by Brian Miller, 2025

**The Stress Prescription: Seven Days to More Joy and Ease** by Elissa Epel, 2022

**Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others** by Laura van Dernoot Lipsky, 2009



**Contributing Factors Venn Diagram** | A self-assessment tool to help you identify risk factors for burnout, secondary traumatic stress, and other work-related stress.

**Take the online assessment tool**

Visit **https://tendacademy.typeform.com/online-tool**

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tend. | TOOLKIT

# Redeem your 30-Day Access to the **TEND Toolkit**

The TEND Toolkit is a searchable database of resources, strategies, and education to support helping professionals working in complex workplaces.

### DOWNLOADABLE PDFS

Put learning into practice with our collection of workbooks, resource guides, postcards, and more.

### VIDEOS

Access recordings of past CARE4YOU conferences as well as interviews and discussions with the TEND team

### ON-DEMAND COURSES

Build your knowledge through our online courses, such as *Secondary Traumatic Stress 101*.

## HOW TO ACCESS

1. Visit **www.tendtoolkit.com/code**
2. Enter the code: **CMHA26**
3. Complete your account information then click **REDEEM ACCESS** for your 30-day subscription.

Scan the QR code to **redeem access**

## **Share Your Thoughts** on this Training

We'd love to hear from you. Your voice helps us better understand what's working and where support is most needed in workplaces like yours.

Please take a few minutes to complete our short survey. Scan the QR code - or visit **www.tendacademy.ca/in-person-training-feedback/**

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