



## Self-compassion

Video	Compassion fatigue and the righting reflex – quick video re: how Motivational Interviewing can help with compassion fatigue (need to scroll through list) <a href="https://psychwire.com/motivational-interviewing/resources">https://psychwire.com/motivational-interviewing/resources</a>
Course 6 weeks	Mindful Self Compassion <a href="https://www.bcalm.ca/what-we-offer/mindful-self-compassion/">https://www.bcalm.ca/what-we-offer/mindful-self-compassion/</a>
Self-compassion exercises:	Self-Compassion exercises: <a href="https://self-compassion.org/category/exercises/">https://self-compassion.org/category/exercises/</a>

## Resilience

Articles	The Basics: Strategies for coping with stress and building personal resilience for physicians: <a href="https://php.oma.org/uploadedfiles/php/well-being/thebasics-full-version.pdf">https://php.oma.org/uploadedfiles/php/well-being/thebasics-full-version.pdf</a>
	Micro-practices for Burnout Prevention and Emotional Wellness: <a href="https://www.jacr.org/article/S1546-1440(20)30290-8/fulltext">https://www.jacr.org/article/S1546-1440(20)30290-8/fulltext</a>
	A clinician's guide: how to manage morally distressing situations: <a href="https://boldly.cma.ca/blog/how-to-manage-morally-distressing-situations">https://boldly.cma.ca/blog/how-to-manage-morally-distressing-situations</a>
	Resilience 101: Staying resilient in medical training and practice settings: <a href="https://www.cma.ca/physician-wellness-hub/content/resilience-101-guide">https://www.cma.ca/physician-wellness-hub/content/resilience-101-guide</a>
PDF E-Book	<u>"The Healthy Mind Platter" by David Rock, Daniel J Siegal, Steven A.Y. Poelsmans and Jessica Payne:</u>
Book	We Are All Perfectly Fine: A Memoir of Love, Medicine and Healing <a href="https://www.goodreads.com/en/book/show/53487139-we-are-all-perfectly-fine">https://www.goodreads.com/en/book/show/53487139-we-are-all-perfectly-fine</a>
Video 1 hr	Virtual Learning Hour Special Series: Transforming Moral Distress into Moral Resilience: <a href="http://www.ihl.org/resources/Pages/AudioandVideo/transforming-moral-distress-into-moral-resilience.aspx">http://www.ihl.org/resources/Pages/AudioandVideo/transforming-moral-distress-into-moral-resilience.aspx</a>



Online Course with Coaching	<p>Finding and Creating Joy in Work:  <a href="http://www.ihl.org/education/WebTraining/Webinars/joy-in-work/Pages/default.aspx">http://www.ihl.org/education/WebTraining/Webinars/joy-in-work/Pages/default.aspx</a></p> <p>Scholarship funding through DoBC:  <a href="https://sscbc.ca/news/2022/03/01/sponsorship-available-all-bc-physicians-online-course-finding-and-creating-joy-work">https://sscbc.ca/news/2022/03/01/sponsorship-available-all-bc-physicians-online-course-finding-and-creating-joy-work</a></p>
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## Compassion Fatigue

Articles	<p>Overcoming Compassion Fatigue:  <a href="https://www.aafp.org/fpm/2000/0400/p39.html">https://www.aafp.org/fpm/2000/0400/p39.html</a></p>
	<p>What is Compassion Fatigue? Compassion fatigue has been described as the “cost of caring” for others:  <a href="https://www.tendacademy.ca/what-is-compassion-fatigue/">https://www.tendacademy.ca/what-is-compassion-fatigue/</a></p>
Article & Reading List	<p>Compassion Fatigue Awareness Project, Reading List:  <a href="https://compassionfatigue.org/reading-list.html">https://compassionfatigue.org/reading-list.html</a></p>

## Mindfulness

Apps	<p>Mindfulness Apps with Healthcare Worker discounts:  <a href="https://cbtskills.ca/resources/">https://cbtskills.ca/resources/</a>          (under mindfulness tabs)</p> <p><a href="https://www.headspace.com/">https://www.headspace.com/</a>  <a href="https://insighttimer.com/">https://insighttimer.com/</a></p>
	<p>The ground-breaking Healthy Minds Program uses neuroscience, contemplative traditions, and skill-based learning methods to help you develop the skills for a healthy mind, now in the palm of your hand:  <a href="https://hminnovations.org/meditation-app">https://hminnovations.org/meditation-app</a></p>
Online Guided Mediations	<p><a href="https://www.freemindfulness.org/download">https://www.freemindfulness.org/download</a>  <a href="https://gabbybernstein.com/6-minute-walking-meditation-can-take-anywhere/">https://gabbybernstein.com/6-minute-walking-meditation-can-take-anywhere/</a>  <a href="https://www.bcalm.ca/resources/art-of-living-mindfully-cd/">https://www.bcalm.ca/resources/art-of-living-mindfully-cd/</a></p>
Podcast Meditations	<p><a href="https://onbeing.org/libraries/meditation-mindfulness/">https://onbeing.org/libraries/meditation-mindfulness/</a></p>



Articles	Effects of Mindfulness-Based Interventions on Self-compassion in Health Care Professionals: <a href="https://link.springer.com/article/10.1007/s12671-020-01342-5">https://link.springer.com/article/10.1007/s12671-020-01342-5</a>
	Using Mindfulness Techniques to Improve Difficult Clinical Encounters: <a href="https://www.aafp.org/afp/2013/0315/p402.html">https://www.aafp.org/afp/2013/0315/p402.html</a>
+ 15min guided meditation	The Science and Practice of Staying Present Through Difficult Times: <a href="https://www.mindful.org/science-practice-staying-present-difficult-times/">https://www.mindful.org/science-practice-staying-present-difficult-times/</a>
Course 8 weeks	Mindfulness Based Stress Reduction for Professionals: <a href="http://www.mindfulnessinstitute.ca/mbsr-professionals">http://www.mindfulnessinstitute.ca/mbsr-professionals</a>
8 weeks	Mindfulness-Based Cognitive Therapy <a href="https://www.bcalm.ca/what-we-offer/mindfulness-based-cognitive-therapy/">https://www.bcalm.ca/what-we-offer/mindfulness-based-cognitive-therapy/</a>
Books	The Mindful Brain: a neurobiologist Daniel J. Siegel, M.D., presents a new framework for maintaining mental health and well-being: <a href="https://drdansiegel.com/book/the-mindful-brain/">https://drdansiegel.com/book/the-mindful-brain/</a>  Summary of book by the author, available for free: <a href="https://www.openground.com.au/assets/Documents-Openground/Articles/0e39aa6bc0/reflections-on-the-mindful-brain-siegel.pdf">https://www.openground.com.au/assets/Documents-Openground/Articles/0e39aa6bc0/reflections-on-the-mindful-brain-siegel.pdf</a>
	Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness by Dr. Rick Hanson – a blend of neuroscience, positive psychology, and contemplative practices. <a href="https://www.goodreads.com/book/show/36025434-resilient">https://www.goodreads.com/book/show/36025434-resilient</a>