

Tackling Compassion Fatigue (Resources)

Washington High School

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OSPI Compassionate Schools Materials

The Heart of Learning & Teaching

<http://www.k12.wa.us/compassionateschools/heartoflearning.aspx>

(PDF)

<http://www.k12.wa.us/compassionateschools/pubdocs/TheHeartofLearningandTeaching.pdf>

Videos/Ted Talks:

Nadine Burke Harris Ted Talk: *How Childhood Trauma Affects Health Across a Lifetime*

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

KPJR Films: *Paper Tigers*

<http://kjrfilms.co/paper-tigers/>

KPJR Films: *Resilience*

<http://kjrfilms.co/resilience/>

Websites/ACEs Information

<https://www.resiliencetrumpsaces.org>

<https://acestoohigh.com>

<http://www.acesconnection.com>

Decision Fatigue Articles

“Do you Suffer from Decision Fatigue?”

<http://www.nytimes.com/2011/08/21/magazine/do-you-suffer-from-decision-fatigue.html>

“Why you Need to Sleep on it”

<https://6thfloor.blogs.nytimes.com/2011/08/17/why-you-need-to-sleep-on-it/>

Books

Trauma Stewardship by Laura van Dernoot Lipsky

Thanks by Robert A. Emmons