

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



Or visit <https://tendacademy.typeform.com/online-tool>

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: **SAFECAREBC**
- 3 Complete your account information then click **REDEEM ACCESS** for your 30-day subscription.



Scan or click on the QR code to **redeem access**

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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.

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