

# **These brightly coloured threads: lessons learned from the pandemic**

RESOURCE PACKAGE

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# RECOMMENDED RESOURCES

## TEND Resources:

*We need to talk: Why there can be no “future forward” until we’ve done the work*  
<https://www.tendacademy.ca/we-need-to-talk/>

*This is a Marathon, Not a Sprint: Strategies to Address Wear & Tear in Helping Professionals during Covid-19.*  
[www.tendacademy.ca/marathon-not-sprint-covid19/](http://www.tendacademy.ca/marathon-not-sprint-covid19/)

*Disappoint Someone Today: July 2018*  
<https://www.tendacademy.ca/disappoint-someone-today/>

*Coming home to Secondary Traumatic Stress: August 2019*  
<https://www.tendacademy.ca/coming-home-to-sts/>

*Breathe, Reset, Refuel, Rinse, Repeat: January 2019*  
<https://www.tendacademy.ca/breathe-reset-refuel/>

## Tedx talk:

*The Edge of Compassion:* [https://www.ted.com/talks/francoise\\_mathieu\\_the\\_edge\\_of\\_compassion](https://www.ted.com/talks/francoise_mathieu_the_edge_of_compassion)

## Podcasts:

*The trauma therapist project: Ep 596 Beyond Self Care with Françoise Mathieu*  
<https://www.thetraumatheapistproject.com/podcast/beyond-self-care-with-francoise-mathieu-med>

*This is a marathon not a sprint: Pacing yourself through the pandemic:*  
<https://www.buzzsprout.com/280046/3463774-this-is-a-marathon-not-a-sprint-pacing-yourself-through-the-pandemic>

## Books/Articles:

### Compassionate leadership

Moss, J. (2021) *The Burnout epidemic: the rise of chronic stress and how we can fix it*, HBR Press.

Trzeciak, S., Mazzei, A. (2019) *Compassionomics: The Revolutionary Scientific Evidence that Caring Makes a Difference*, Pensacola: Studer Group.

### Workplace Strategies for Mental Health:

<https://www.workplacestrategiesformentalhealth.com/topic/Organizational-strategies>

### Conflict

Ripley, A. (2021) *High conflict: why we get trapped and how we get out*. New York: Simon & Schuster

### **Grounding Skills & Tools to Manage Exposure**

Graham, L. (2013). *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-being*. Novato, CA: New World Library.

van Dernoot Lipsky, L. (2018). *The Age of Overwhelm: Strategies for the Long Haul*. San Francisco, CA: Berrett-Koehler.

### **Introversion**

Cain, S. (2013) *Quiet: The Power of Introverts in a World that Can't Stop*, Random House.

### **Loving Kindness Meditation**

<https://www.verywellmind.com/how-to-practice-loving-kindness-meditation-3144786#citation-2>

### **Moral Distress:**

American Association of Critical Care Nurses: <https://www.aacn.org/~media/aacn-website/clinical-resources/moral-distress/recognizing-addressing-moral-distress-quick-reference-guide.pdf>

Mathieu, F., & McLean, L., (2014) Managing Compassion Fatigue, Moral Distress and Burnout in a context of patient-centered care in Walton, M., Barnsteiner, J., & Disch, J. (eds) *Patient/Family Centered Care – Patient and Care Provider Considerations*, Sigma Theta Tau International.

### **Post Traumatic Growth:**

Kaufmann, S.B. (2020) Post-Traumatic Growth: finding meaning and creativity in adversity, *Scientific American*: <https://blogs.scientificamerican.com/beautiful-minds/post-traumatic-growth-finding-meaning-and-creativity-in-adversity/>

Tedeschi, R.G. (2020) Growth after trauma in *Harvard Business Review*, July-August. <https://hbr.org/2020/07/growth-after-trauma>

### **Strategies to reduce Secondary Traumatic Stress**

Miller, B. C. (2021) *Reducing Secondary Traumatic Stress: Skills for Sustaining a Career in the Helping Professions*, Routledge.

### **Trauma stewardship**

van Dernoot Lipsky, L. & Burke, C. (2009). *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*. San Francisco, CA: Berrett-Koehler.

### **Window of Tolerance**

Siegel, D. <https://www.attachment-and-trauma-treatment-centre-for-healing.com/blogs/understanding-and-working-with-the-window-of-tolerance>