Module 2 Self-Care

Supplementary Resources

Administration for Children and Families. https://www.acf.hhs.gov/trauma-toolkit/secondary-traumatic-stress

American Counseling Association about Vicarious Trauma (Factsheet): https://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf

Case Western Reserve University's Centre on Trauma and Adversity (Factsheet) https://case.edu/socialwork/traumacenter/sites/case.edu.traumacenter/files/2019-04/Healing%20Network%20Night%20Jan%2024%20Handout.pdf

Department of Social Work (University at Buffalo). Self-Care Starter Kit: http://socialwork.buffalo.edu/resources/self-care-starter-kit.html

Health Canada Guidebook on Vicarious Trauma: Recommended Solutions for Anti-Violence Workers: https://ovc.ojp.gov/sites/g/files/xyckuh226/files/media/document/os_vicarious_trauma_guidebook-508.pdf

Klinic. Calm in the storm: coping with the stresses of life. Available from: https://klinic.mb.ca/wp-content/uploads/2015/07/Calm-in-the-Storm.pdf

Meghan L. Marsac & Lindsay B. Ragsdale. Tips for recognizing, managing STS in yourself. https://publications.aap.org/aapnews/news/14395?autologincheck=redirected

MindYourMind: https://mindyourmind.ca/ provides toolkits and resources for self-care.

https://www.mindful.org explains self-care tools, such as meditation, tips for sleep improvement, etc.

National Child Traumatic Stress Network: https://www.nctsn.org/trauma-informed-care/secondary-traumatic-stress

National Council For Behavioral Health. Top 12 self-care tips for helpers: transforming compassion fatigue into compassion satisfaction and Tips for Supervisors: https://www.thenationalcouncil.org/wp-content/uploads/2017/02/Staff-Self-Care-Tips.pdf?daf=375ateTbd56

Tend Academy: https://www.tendacademy.ca/

Violence Against Women Learning Network. (2021). Revisiting Vicarious Trauma in Gender-based Violence Work: Opportunities for Fostering Vicarious Resilience & Collective Wellbeing: https://www.vawlearningnetwork.ca/our-work/issuebased_newsletters/issue-36/index.html