

Week 4: Resources And Module References

APPS for handling stress

For those of you with smart phones or tablets, here are two Apps to explore that are designed to help you relieve the stresses of caring for others and help the care giver regain balance.

1. **Provider Resilience** <http://t2health.dcoe.mil/apps/provider-resilience>
Provider Resilience gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans, and their families. Your responses to a short self-assessment create ratings of your risk for compassion fatigue, burnout, and secondary traumatic stress. These ratings can also be viewed as graphs so you can monitor them over time.
2. **iChill App** <https://itunes.apple.com/us/app/ichill/id403527676?ls=1&mt=8>
Trauma Resource Institute ~ Community Resiliency Model
This App takes users through the wellness self-help skills of the Community Resiliency Model from the Trauma Resource Institute. (Purpose to create trauma informed and resiliency informed individuals and communities internationally, respecting the wisdom of cultural diversity.) www.traumaresourceinstitute.com

Spiritual Connections Resources and Research

1. Center for Research and Alaska Native Education.
<http://www.alaskanativeeducation.org/>
2. Alaska Native Science Commission. Definition of Traditional knowledge definition
http://www.nativescience.org/html/traditional_knowledge.html
3. Barnhardt R. & Kawagley, A.O. Indigenous Knowledge Systems/Alaska Native Ways of Knowing. http://www.ankn.uaf.edu/Curriculum/Articles/BarnhardtKawagley/Indigenous_Knowledge.html
4. Bassett D, et. al (2012). "Our Culture Is Medicine": Perspectives of Native Healers on Posttrauma Recovery Among American Indian and Alaska Native Patients. *The Permanente*
5. [Eastman, S, Gray, J. \(2011\) Spirituality As a Protective Factor in American Indian Mental Health. American Psychological Association 2011 Convention Presentation.](#)
http://ruralhealth.und.edu/presentations/pdf/2011_apa_eastman_gray_spirituality.pdf

Workplace Gratitude

1. <http://www.globoforce.com/gfblog/2013/the-power-of-workplace-gratitude-a-brief-bibliography/>
2. Achor, S. (2010) *The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work*. Crown Business.

3. Anchor, S. (2011) *The happy secret to better work* TED Talk, Bloomington
https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?embed=true
4. Achor, S. (2011) *The Happiness Dividend* Harvard Business Review.
<http://blogs.hbr.org/2011/06/the-happiness-dividend/> . Retrieved October 29, 2014
(Accounting Firm Gratitude Study)

Gratitude Resources and Research

1. Spirit in Action – a blog by Ohnwentsya on multiple topics
<http://2012spiritinaction.wordpress.com>
2. A Network for Grateful Living - Website provides education and support for the practice of being grateful. Specific readings and quotes on gratefulness may be found at:
<http://www.gratefulness.org/readings/universal.htm>
3. First People - An educational website about First People of North America and Canada. Contains legends, poems, photos, etc. <http://www.firstpeople.us>
4. Emmons, R., McCullough, M. (2003) Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life *Journal of Personality and Social Psychology*. APA Vol. 84, No. 2, 377–389
5. Emmons, R (2008) *Thanks!: How Practicing Gratitude Can Make You Happier*. Happier.Houghton Mifflin Co. An interdisciplinary book that provides a research-based synthesis of the topic of happiness as well as practical suggestions.)
6. Robert Emmons Blog: <http://sharpbrains.com/blog/2007/11/29/robert-emmons-on-the-positive-psychology-of-gratitude/#more-1073>
7. Gratitude power – a website of tools and resources to support and reinforce the daily practice of gratitude. <http://gratitudepower.net>
8. Greater Good: The Science of a Meaningful Life - A comprehensive website and resource on gratitude and related topics including, altruism, compassion, forgiveness, happiness, empathy, altruism and mindfulness. It includes the opportunity to sign up for a newsletter that gets delivered to your inbox. <http://greatergood.berkeley.edu/>
9. Expanding the Science Behind Gratitude
<http://greatergood.berkeley.edu/expandinggratitude>
10. Additional Overviews of the Gratitude Research
<http://happierhuman.com/the-science-of-gratitude/>
<http://www.mendeley.com/research/gratitude-subjective-wellbeing-brain-1>

Compassion fatigue (vicarious trauma) Resources and Research

1. Compassion Fatigue Solutions - dedicated to personal and professional renewal
<https://compassionfatigue.ca/what-is-compassion-fatigue/>
2. Vicarious Trauma, Joyful Heart Foundation
<http://www.joyfulheartfoundation.org/learn/vicarious-trauma>

3. Trauma Resource Institute - includes resources, trainings and phone apps.
<http://traumaresourceinstitute.com/>
4. Holdsworth, N. (no date) *Compassion Fatigue, Vicarious Trauma, Secondary Trauma, Burnout*. <http://ejhealers.com/>. And
<http://cra20.humansci.msstate.edu/Compassion%20Fatigue,%20Vicarious%20Trauma,%20Secondary%20Trauma,%20Burnout.pdf>
5. Compassion Fatigue Awareness Project
<http://www.compassionfatigue.org>
6. Lipsky, L.D. 2009. *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*. <http://traumastewardship.com/>
7. American Counseling Association. Vicarious Trauma, Fact Sheet #9 10/11.
<http://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf?sfvrsn=2>
8. Mathieu, F., (2012) Signs and Symptoms of Compassion Fatigue and Vicarious Trauma. From *The Compassion Fatigue Workbook*. New York: Routledge.
<https://compassionfatigue.ca/signs-and-symptoms-of-compassion-fatigue-and-vicarious-trauma/>

Happiness and Positive Psychology Resources

1. Acts of Happiness- a website devoted to helping you find happiness and gratitude.
<http://actsofhappiness.org/>
2. Cooper, B.B. (2013) *10 Simple Things You Can Do Today That Will Make You Happier, Backed By Science*. Huffington Post Nov.11.2013
http://www.huffingtonpost.com/belle-beth-cooper/10-simple-things-to-be-happy_b_4241824.html
3. Project Happiness is dedicated to empowering people with the resources to create greater happiness within themselves and the world. <http://projecthappiness.org>
4. Unstuck Advice: Live Better Every Day – Resources, blog and apps to help you get “unstuck” Helps you think through problems at work and in life getting a different perspective; seeing options not considered. Unstuck is the brainchild of the people at SY, a company that consults with business and people undergoing large-scale strategic change <http://www.unstuck.com/advice.html>
5. Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive.
6. Positive Psychology Center – The purpose of the Center (housed at the University of Pennsylvania) is to promote research, training, education, and the dissemination of Positive Psychology and Resilience <http://www.positivepsychology.org>
7. Authentic Happiness - This website provides information, resources and research and on positive psychology, happiness, science-based information on life skills and habits

needed to enhance well-being, build resilience against depression and anxiety, and pursue a meaningful life. <https://www.authentichappiness.sas.upenn.edu>

8. Pursuit of Happiness, Brining the Science of Happiness to Life - This website provides information, resources and research and on positive psychology, happiness, science-based information on life skills and habits needed to enhance well-being, build resilience against depression and anxiety, and pursue a meaningful life. <http://www.pursuit-of-happiness.org>
9. The Science of Happiness info-graphic:
<http://www.lifehack.org/articles/lifestyle/more-science-behind-happiness.html?ref=e>
10. Martin Seligman, is often referred to as the father of Positive Psychology.
<http://www.pursuit-of-happiness.org/history-of-happiness/martin-seligman-positive-psychology/> Sampling of books from the father of Positive Psychology.
 - Seligman, Martin (1990). *Learned Optimism: How to Change Your Mind and Your Life*. Free Press.
 - Seligman, Martin (2004). "Can Happiness be Taught?" *Daedalus*, Spring 2004.
 - Seligman, Martin (2004) *The New Era of Positive Psychology*, TED Talk.
http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology

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1. American Counseling Association. Vicarious Trauma, Fact Sheet #9 10/11.
<http://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf?sfvrsn=2>
2. *Mathieu, F., (2012) Signs and Symptoms of Compassion Fatigue and Vicarious Trauma. From The Compassion Fatigue Workbook. New York: Routledge.*
<https://compassionfatigue.ca/signs-and-symptoms-of-compassion-fatigue-and-vicarious-trauma/>
3. Robert Emmons, Definition of Gratitude,
<http://greatergood.berkeley.edu/topic/gratitude/definition> *retrieved Oct 29, 2014*
4. Emmons, R., McCullough, M. (2003) Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life *Journal of Personality and Social Psychology*. APA Vol. 84, No. 2, 377–389
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<http://greatergood.berkeley.edu/expandinggratitude>
6. Overview of Gratitude Research
<http://happierhuman.com/the-science-of-gratitude/>
<http://www.mendeley.com/research/gratitude-subjective-wellbeing-brain-1/>
7. Achor, S. (2011) *The Happiness Dividend*. Harvard Business Review.
<http://blogs.hbr.org/2011/06/the-happiness-dividend/>



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