Resource Guide

**Handouts:**

* Stress Reaction Inventory
* Self-Care Assessment

**Web Resources:**

* FREE Workbook on Self Care:
  + What About You: A Workbook for those who work with others. (52 page PDF)
  + This workbook is designed for people who work with others as service providers. Developed by the National Center on Family Homelessness, it is intended not only for people providing homeless services, but also for people working in any of the helping professions. Its purpose is to help workers take care of themselves, their relationships, and their organizations so they can continue to be healthy and effective in their work. It offers a variety of tools that can be used to reduce stress and promote self-care at home and in the workplace. The first section, "You," provides self-care activities to assess your personal level of stress and to incorporate self-care into your daily routines. The second section, "You and Others," addresses self-care for your relationships with others, including family members, friends, and co-workers. The third section, "You, Others, and Work," explains how to create team and organizational cultures that value care of the self, the team, and the organization.
  + <http://homeless.samhsa.gov/resource/what-about-you-a-workbook-for-those-who-work-with-others-47488.aspx>
* Therapist Search
  + Psychology Today – Facebook of Therapists
  + [www.psychologytoday.com](http://www.psychologytoday.com) 🡪 Find a therapist

**Other resources to support personal development:**

* Outgrowing the Pain: A Book for and About Adults Abused As Children – Eliana Gil
* The Pathway: Follow the Road to Health and Happiness by Laurel Mellon
* Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat Zinn
* The Art of MeditationAudio CD by Daniel Goleman
* The Assertive Option: Your Rights and Responsibilities by Patricia Jakubowski
* Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura Van Deernoot Lipsky