

Resources on Stress and Compassion Fatigue

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App for free meditations

<https://www.stopbreathethink.com/meditations/>

Articles

- <https://childcareta.acf.hhs.gov/infant-toddler-resource-guide/self-care-and-professionalism>
- <https://www.naeyc.org/resources/pubs/yc/jul2020/preventing-compassion-fatigue>
- <http://www.ascd.org/ascd-express/vol11/1118-sizemore.aspx>
- <https://www.nea.org/advocating-for-change/new-from-nea/i-didnt-know-it-had-name-secondary-traumatic-stress-and>