

Links to Recommended Resources

1. Burnout and Compassion Fatigue Resources

- AVMA Wellbeing Resources: <https://www.avma.org/resources-tools/wellbeing>
- American Institute of Stress – Burnout: <https://www.stress.org/burnout>

2. Resilience and Self-Care Resources

- Greater Good Science Center Toolkit: <https://ggia.berkeley.edu/>
- Self-Compassion by Dr. Kristin Neff: <https://self-compassion.org/>
- Headspace (Free access available): <https://www.headspace.com/health-covid-19>

3. Books/articles

- [*Self-Compassion*](#) by Kristin Neff
- [*The Truth About Burnout*](#) by Maslach & Leiter
- [*Set Boundaries, Find Peace*](#) by Nedra Glover Tawwab
- Article: [5-minute Self-Compassion Break](#) by Dr. Kristin Neff
- Article: [Nedra Glover Tawwab on Healthy Boundaries](#)