

Compassion Resilience Resource List

Assessments, Self-Inventories, & Other Online Tools

- Headington Institute Inventory & journaling tool
 - Self Care & lifestyle Balance Inventory: https://www.headington-institute.org/wp-content/uploads/2020/08/R16-self-care-lifestyle-inventory-for-emergency-responders_24051.pdf
 - Journaling questions for humanitarian workers by Lisa McKay: https://www.headington-institute.org/wp-content/uploads/2020/08/r12-journal-questions-for-humanitarian-workers_74549.pdf
- Secondary Traumatic Stress Consortium <https://www.stsconsortium.com/free-resources>
- Compassion Resilience Toolkit: <https://compassionresiliencetoolkit.org/>
- Compassion Fatigue & Resilience Self Test: <https://www.mtleague.org/wp-content/uploads/2016/09/CompassionFatigueSelfTestforPractitioners.pdf>
- Professional Quality of Life 5 (ProQOL 5): <https://proqol.org/proqol-measure>

Workshop Resource List

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