

# NJ Child Care Resource and Referral: Resources: Compassion Fatigue, Burnout, and Traumatic Stress

## Amanda Rich, PhD

- Burnout: Emily Nagoski and Amelia Nagoski: The cure for burnout (hint: it isn't self-care) TED Talk
- Caring for Your People: Employee Well-Being: [resources.workable.com](https://resources.workable.com)
- Compassion Fatigue and Teachers Video: Compassion Fatigue | Jacquelyn Ollison
- Dr. Nadine Burke Harris: How Childhood Stress Affects Health Across A Lifetime TED Talk
- Drowning in Empathy: The Cost of Vicarious Trauma | Amy Cunningham TED Talk

# NJ Child Care Resource and Referral: Resources: Wellness, Healing, & Healing Centered Organizations

## Amanda Rich, PhD

- [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) by Resmaa Menakem
- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by Bessel van der Kolk M.D.
- [The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement](#) by Shawn Ginwright Ph.D.
- [The Wisdom of Trauma](#) Dr. Gabor Mate'
- [What Happened to You?: Conversations on Trauma, Resilience, and Healing](#) by Bruce D. Perry, M.D. Ph.D.