

MAINE BEHAVIORAL HEALTHCARE-DEPARTMENT OF CLINICAL INNOVATION  
**RECOMMENDED RESOURCES ON SECONDARY TRAUMATIC STRESS AND RESILIENCE**

**BOOKS:**

AGE OF OVERWHELM: STRATEGIES FOR THE LONG HAUL by Laura van Dernoot Lipsky

TRAUMA STEWARDSHIP: AN EVERYDAY GUIDE TO CARING FOR SELF WHILE CARING FOR OTHERS by Laura van Dernoot Lipsky with Connie Burk

BURNOUT: THE SECRET TO UNLOCKING THE STRESS CYCLE by Emily Nagoski and Amelia Nagoski

DARE TO LEAD: BRAVE WORK, TOUGH CONVERSATIONS, WHOLE HEARTS by Brene Brown

**ONLINE VIDEOS:**

*Building Resilience: Remarks from Nadine Burke Harris* (3 minutes, 10 seconds):

<https://www.youtube.com/watch?v=tMaBi-SVPjo>

*Trauma Informed Care Champions- From Treeters to Healers* (11 minutes, 49 seconds):

<https://www.youtube.com/watch?v=KkeLz-fi0Mo>

*Trauma and the Brain* (4 minutes, 28 seconds):

[https://youtu.be/ZLF\\_SEy6sdc](https://youtu.be/ZLF_SEy6sdc)

*Inspirational Video- Be a Mr. Jensen- MUST WATCH!!* (3 minutes, 12 seconds):

[https://youtu.be/4p5286T\\_kn0](https://youtu.be/4p5286T_kn0)

**WEBSITES:**

<https://maineresilience.org/>

<https://www.tendacademy.ca/>