References - Caring For Ourselves: Stress, Burnout and Compassion Fatigue


Cooper CL, Mitchell S. Nursing the Critically Ill and Dying. Human Relations 1990 43: 297-311

Freudenberger, HJ, Burnout, 1981.


Harper, BC, Death, the coping mechanism of the health professional. (19


Kabat-Zinn,J. Full Catastrophe Living.


Pereira, SM, Fonseca, AM and Carvalho, AS, Burnout in palliative care: A systematic review, Nurs Ethics, May 2011, 18(3), 317-26


Wagnild, G.M. (2010). Discovering your resilience core. (on her website)


Resources:

http://www.resiliencescale.com/index.html

The Burden of Stress in America:


Richard Sapolsky, PhD Stress Research


Film (National Geographic)- Stress: The Silent Killer

Positive Thinking and Self Talk


Marcia Lattanzi Licht, LHD, RN, LPC

mllicht@comcast.net 303 494 8456