

Title	Author	Topic
Emotional Intelligence 2.0	Travis Bradberry, Jean Greaves	Brain & Resilience
Body by Breath: The science and practice of Physical and Emotional Resilience	Jill Miller	Brain & Resilience
What Freud Didn't Know: A Three-Step Practice for Emotional Well-Being through Neuroscience and Psychology	Timothy B. Stokes, Ph.D.	Brain, Trauma
Rain of Gold	Victor Villaseñor	Culture
Slaves in the Family	Edward Ball	Culture
Barefoot Heart	Elva Trevino Hart	Culture
Let's Talk About Feeling Sad	Berry, Joy	Death & Loss
What Color Are Tears?/K-3	Marianne Vandwalker	Death & Loss
I Know I Made It Happen (A gentle book about feelings)	Blackburn, Lynn Bennett	Death & Loss
When Dinosaurs Die: A Guide to Understanding Death (Dino Life Guides for Families)	Brown, Laura Krasny	Death & Loss
The Fall of Freddie the Leaf (A Story of Life for All Ages)	Buscaglia, Leo	Death & Loss
Dusty Was My Friend: Coming to Terms With Loss	Clardy, Andrea Fleck	Death & Loss
Helping Teens Cope with Death.	Dougy Center	Death & Loss
When Someone Dies	Greenlee, Sharon	Death & Loss
The Next Place	Hanson, Warren	Death & Loss
Why Did You Die? Activities to Help Children Cope with Grief & Loss	Leeuwenburgh, Erika, LPC.	Death & Loss
Lifetimes, The beautiful way to explain death to children	Mellonie, Bryan and Robert Ingpen	Death & Loss
Don't Despair on Thursdays!: The Children's Grief Management Book (The Emotional Impact Series)	Moser, Adolf	Death & Loss
Gentle Willow, A Story for Children About Dying	Mills, Joyce C., PhD	Death & Loss
The Kids Book About Death And Dying, by and for kids.	Rofes, Eric	Death & Loss
Tear Soup	Schweibert, Pat	Death & Loss
Healing Your Grieving Heart For Kids (100 Practical Ideas)	Wolfelt, Alan D	Death & Loss
Healing A Teen's Grieving Heart (100 Practical Ideas for Families, Friends and Caregivers)	Wolfelt, Alan D	Death & Loss
It Must Have Hurt a Lot: A Book about Death and Learning and Growing (Hurts of Childhood series)	Sanford, Doris	Death and Loss
Grave Words	Ken Iserson	Death Notification
Nine Lives: Death and Life in New Orleans	Dan Baum	Disaster Experience
The Public Health Consequences of Disaster	Eric K. Noji	Disaster Experience
Today I Feel Silly & Other MOODS That Make My Day	Curtis, Jamie Lee	Emotions

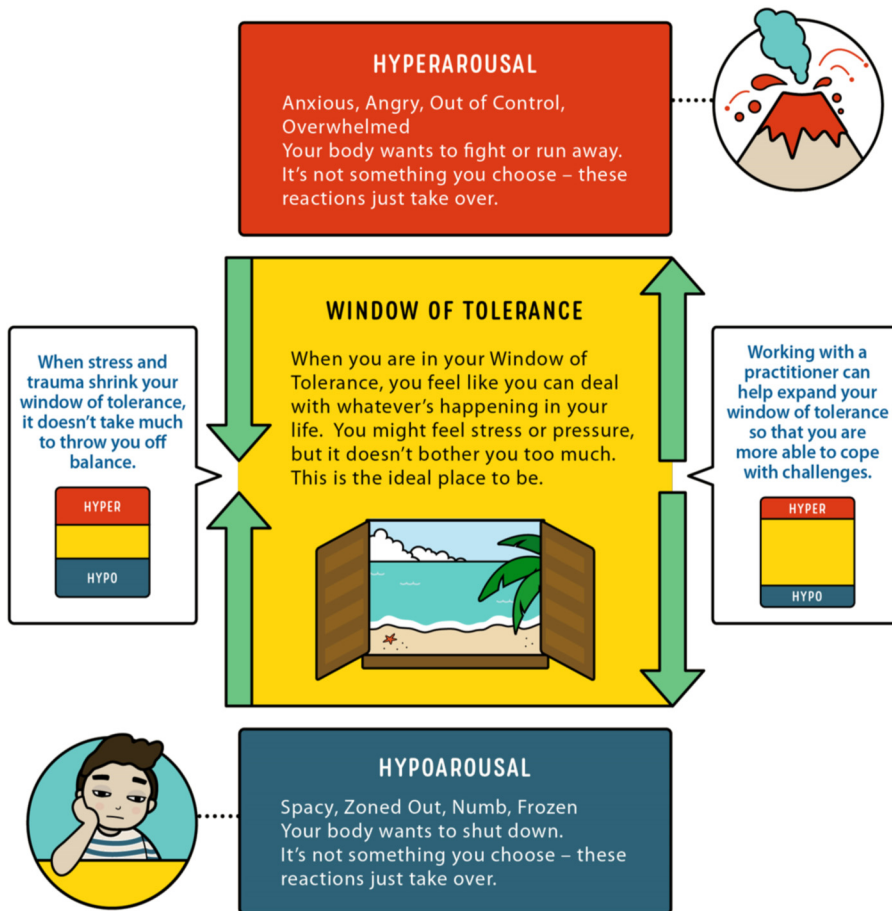
Title	Author	Topic
Atlas of the Heart	Brene Brown	Emotions
Talk Before Sleep	Elizabeth Berg	Grief Response
When Terrible Things Happen: A Parent’s Guide to Talking with Their Children	LA Leavit	Grief response
Birds in Fall	Brad Kessler	Grief response
The Year of Magical Thinking	Joan Didion	Grief response
How We Die	Sherwin Nuland	Grief response
A Grief Observed	C. S. Lewis	Grief Response
I Dreamed of Africa	Kuki Gallmann	Grief, Healing
The Tenth Good Thing About Barney	Judith Viorst	Grief, Pet Loss
The Boy Who Sat By the Window: Helping Children Cope with Violence	Chris Loftis	LGBTQ
Aarvy Aardvark Finds Hope	Donna O’Toole	Loss, Hope
Forever Changed	Marsha Kight	Mass Violence
In This Very Hour	Robin Prince Monroe	Parent grief
The Body Remembers	Babette Rothschild	PTSD, Treatment
Coping With Crisis: Lessons Learned	Scott Poland	School Crisis
Best Practices in School Crisis and Intervention	Stephen Brock, Philip Lazarus, Shane Jimerson	School Crisis
Handbook of Crisis Counseling, Intervention, and Prevention in the Schools	Jonathan Sandoval	School Crisis
Rampage: The Social Roots of School Shootings	Katherine Newman	School Crisis
Coping With Crisis: Lessons Learned	Scott Poland	School Crisis
Lucky	Alice Sebold	Sexual Assault
The Lovely Bones	Alice Sebold	Sexual Assault
Speak	Laurie Halse Anderson	Sexual Assault
Don't Sing Songs to a Heavy Heart: How to Relate to Those Who Are Suffering	Ph.D. Kenneth C. Haugk	Spirituality
A Chaplain’s Companion	Judith Joseph	Spirituality
God and the Victim	Lisa Barnes Lanpham	Spirituality
How to Be a Perfect Stranger – The essential religious etiquette Handbook	Stuart M. Matlins and Arthur J. Magida	Spirituality
The Shack	William Young	Spirituality, Healing
Spiritually Sensitive Caregiving	Janice Harris Lord, Melissa Hook, Sharifa Alkhateeb, Sharon English	Spirituality, Healing
The Sunflower	Simon Wiesenthal	Spirituality, Forgiveness

“Today, you have the opportunity to transcend from a disempowered mindset of existence to an empowered reality of purpose-driven living. Today is a new day that has been handed to you for shaping. You have the tools, now get out there and create a masterpiece.”

-Steve Maraboli

Title	Author	Topic
Forgiveness Is a Choice	Robert Enright	Spirituality, Healing, Forgiveness
Spiritual Guidance across Religions	Rev. John R. Mabry, PhD	Spirituality, Healing, Forgiveness
Achilles in Vietnam: Combat Trauma and the Undoing of Character	Jonathan Shay	Trauma
The Body Keeps Score	Bessel van der Kolk, M.D.	Trauma & Memory
Beyond Trauma: Cultural and Societal Dynamics	Rolf Kleber, Cr Figley, Berthold Gersons	Trauma, Culture
Trauma Stewardship	Laura van Dernoot Lipsky	Trauma, Healing
Unchained Memories: True Stories Of Traumatic Memories Lost And Found	by Lenore Terr	Trauma, Memory
Trauma and Recovery	Judith Herman	Trauma, Treatment
Waking the Tiger: Healing Trauma	Peter Levine	Trauma, Treatment
Trauma in the Lives of Children	Kendall Johnson	Trauma, Youth

## How Trauma Can Affect Your Window Of Tolerance



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## Taking Care of Yourself

Take time to address your own needs following an intervention. You may feel fatigued. Compel yourself to relax by taking deep breaths and stretching. Process the events with your coworkers, affirming the things you and the others did well in your intervention, and identifying what you can learn from the experience for next time.

Consider the following tips for developing stress-resistance. You will need reliable personal strategies to diffuse the stress of a crisis intervention. One way to begin is to acknowledge your feelings about the crisis events. Allow yourself the space to review and reflect, and identify a way to get the information "out" where you can look at it objectively, through journaling or discussion with a trusted friend. Visit a place that is peaceful to you, such as a park, art gallery, or religious space. Identify ways to take yourself away from the crisis, such as music, exercise, or meditation. Develop compelling interests separate from your work, to which you can turn when your work becomes a source of excess stress.