

## **Resource List for Proactively Ending Burnout & Finding Passion & Your PULSE for Patient Care**

1. Great article on defining Burnout vs Compassion Fatigue  
<https://www.ncbi.nlm.nih.gov/books/NBK279286/>
2. ProQOL: Self-Care Toolkit & Free Downloads  
<https://proqol.org/self-care-tools-1>
3. Free CEU Credit Course by The American Nurse Association over Preventing Compassion Fatigue Strategies  
<https://www.nursingworld.org/continuing-education/online-courses/a-nurses-guide-to-preventing-compassion-fatigue-moral-distress-and-burno-12b2af6c/>
4. The Emotional PPE Project: Licensed FREE volunteer mental health practitioners who help healthcare workers get through struggles of all kinds. Highly recommended!  
<https://directory.emotionalppe.org/healthcare-workers-landing>
5. Apps for Nurses on iOS and Android
  - a. Moodfit
  - b. Happy
  - c. Nurse State of Mind Podcasts
  - d. Reflectly Journaling App
  - e. Balance
  - f. Calm
  - g. What's Up? A CBT Therapeutic App
  - h. AllTrails Hiking or Walking Trails Finder/Tracker
  - i. AloeBud helpful self care progress app
  - j. Ten Percent Happier – Great Recommendation
  - k. Slumber – Best for insomniac night owls or sleep troubles
  - l. Nursing Uncensored Podcast – Hilarious and enjoyable/relatable
  - m. The Working Nurse podcast
6. Treat Yo-Self
  - a. <https://nurse.org/articles/best-discounts-for-nurses/>
  - b. <https://www.badgediscounts.com/nurse-discounts.html>
  - c. <https://www.retailmenot.com/coupons/nurse>
  - d. <https://world.hyatt.com/content/gp/en/landing/thank-you-healthcare-workers.html>
7. Latest Survey Webinar/Study Review for Nurse leaders Top Challenges Emotional Health & Workplace Violence October 2022
  - a. <https://www.aonl.org/resources/nursing-leadership-covid-19-survey>
8. <https://www.texasnurses.org/>
9. <https://www.ahna.org/>
10. Texas Home Health Hospice (now called Accentcare) offers free on-demand and live CEU Courses and is doing one now a series on Trauma Informed Care – a must check out. Unlimited courses and if there is ever something you want but don't see email your contact Amanda Maggio at [amandamaggio@accentcare.com](mailto:amandamaggio@accentcare.com) or [amandamaggio@txhha.com](mailto:amandamaggio@txhha.com) and describe so I can get them to add it!!

Thank you again for having me. It is a supportive team and healthcare community effort to lift each other up and end burnout for East Texas!

**Don't Forget!**

2022 Pineywoods Nurse of the Year Awards Nominations are due from your hospital by Nov 21<sup>st</sup> – so start nominating! 7 day all-inclusive vacations, TopGolf, and other prizes to appreciate our hard working nurses who are overdue for self-care rewards.

Mammogram Bus coming to Cleveland TX at Accentcare (TX Home Health Hospice) on February 1! Send sign up sheet to [amandamaggio@txhha.com](mailto:amandamaggio@txhha.com)

If you ever need anything whether Self-Care related, resource for informational visits or discussions on Home Health (we take almost all insurances) , Hospice & Palliative, or just need a notary 😊 I'm at  
**936.433.5376**

Take care!

Til the next time!

Amanda Maggio

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