

# Wellness Resources

Although helping others is an enriching role, it's not without its challenges. Burnout, vicarious trauma, and compassion fatigue are just some of the impacts you might try to heal from through self-care.

We have assembled a selection of our resources to help you explore what wellness and self-care mean to you as a helper. These will hopefully offer some insight into how you can take care of your own wellness and resilience as you support others.



We have also included [The Wellness Wheel](#), a resource developed for our new book coming out in November: [Self-Care Transformed: A Place for Meaning, Joy, and Community in the Helping Professions](#). Use this handout to explore your own current state of wellness and how you can be proactive in looking after your own well-being.

## Podcasts

[Self-Care Transformed](#)

[Burnout and Boundaries](#)

## Articles

[3 Self-Care Strategies for Helpers](#)

[5 Actions Towards Longevity as a Helper](#)

[8 Self-Care Tips for Helpers](#)

[How to Recover From Compassion Fatigue and Burnout](#)

[3 Ways Helpers Can Prevent Burnout](#)

[6 Ways for Helpers to Practice Self-Care](#)