

# HAPPY + HEALTHY RMT: LECTURE REFERENCES

## Mental Health Statistics

<https://www.canada.ca/en/employment-social-development/news/2021/11/healthcare-workers-and-sick-days-news-release.html>

<https://www150.statcan.gc.ca/n1/daily-quotidien/210202/dq210202a-eng.htm>

<https://mentalhealthcommission.ca/wp-content/uploads/2022/09/Psychosocial-factors-for-health-care-workers.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10485207/>

## Stress + Trauma

Big T Trauma vs Little T Trauma: [Newport Institute](#)

[Shulamit Ber Levtov, MS, RSW, CCTP](#) who is known as the Entrepreneurs' Therapist (reflection questions).

[Definition of Trauma](#) - The Diagnostic and Statistical Manual of Mental Disorders (DSM)

Review: [The association between different traumatic life events and suicidality - PMC](#)

Leka, S., Griffiths, A., & Cox, T. (2003). Work Organisation and Stress. Geneva: World Health Organisation.

Gilmartin, H., Goyal, A., Hamati, M. C., Mann, J., Saint, S., & Chopra, V. (2017). Brief Mindfulness Practices for Healthcare Providers - A Systematic Literature Review. The American Journal of Medicine, 1219.e1-1219.e17.

## Compassion Fatigue + Burnout

[World Health Organisation](#). Burn-out an "occupational phenomenon"

[The Happy Nurse](#) - Stages of stress and compassion fatigue

THINK Acronym, [The Coaching Tools Company](#)

[Identifying Negative Automatic Thought Patterns](#), Harvard University Stress & Development Lab

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