

PRACTITIONER WELLBEING LEARNING GROUP RESOURCES



Books

- [Fired Up!: A Guide to Transforming Your Team from Burnout to Engagement.](#)
- [The Dialectical Behavior Therapy Skills Workbook for Anxiety](#)
- [Laziness Does Not Exist](#)
- [The How of Happiness: A New Approach to Getting the Life You Want](#)
- [Meditation for Fidgety Skeptics: A 10% Happier How-To Book](#)

Podcasts & Videos

- [The Ten Percent Happier Podcast](#)
- [Changing Behavior, Not Beliefs](#)
- [Rewired With Dr. Joe Dispenza](#)
- [Vagus Nerve Reset](#)
- [How to Train Your Monkey Mind](#)

Trainings and Assessments

- [International Critical Incident Stress Foundation, Inc](#)
- [Responder Alliance](#)
- [The 3-Part EMS Assessment:](#)
- [The Science of Well-Being](#)
- [Native Wellness Institute](#)

Websites

- [Mind Share Partners Resources](#)
- [NWCG Mental Health Subcommittee](#)
- [SAMHSA Workforce Resources](#)
- [U.S. Equal Employment Opportunity Commission](#)

**Note: This is a curated list of resources that were suggested by practitioners in the group and speakers for the series. A resource appearing on this list is not necessarily an endorsement of the Networks, any one staff member, or any funders associated with the Fire Network's work. These are not intended to be replacement for professional services or individualized support.*