

From Carey S. Clark, Ph.D., RN, AHN-BC, RYT, FAAN: Self-Care, Caring, and Leadership Links for Nurses and Healers Recovering from the COVID-19 Pandemic

Craigie, M. et al. (2016). A pilot evaluation of a mindful self-care and resiliency (mscr) intervention for nurses. *Mindfulness*, 7, 764-774. <https://link.springer.com/content/pdf/10.1007/s12671-016-0516-x.pdf>

Hossain, F. & Clatty, A. (2021). Self-care strategies in response to nurses' moral injury during COVID-19 pandemic. *Nursing Ethics*, 28(1), 23-32. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7604672/>

Sitzman, K. & Craven, I. (2021). Caring during COVID-19. *American Nurse Today*. Early online release. <https://www.myamericannurse.com/caring-during-covid19/>
(Includes video of Jean Watson and examples of caring theory applied during the pandemic)

Dr. Kathleen Sitzman's free online 4-week course: Caring Science, Mindful Practice. <https://www.caringsciencemindfulpractice.com/free-online-education>

Sturdivant, T. & Moore, B. (2021). How transformational leaders address fear amid COVID-19. *American Nurse Today*. <https://www.myamericannurse.com/covid-19-leadership-transformational-leadership/>