Bibliography

CMSNE Building Strategies for Success Conference – Wednesday, May 4, 2022 Case Management Strong – New Beginnings

Achor, S. (2010). *The Happiness Advantage. The Seven Principles of Positive Psychology that Fuel Success and Performance at Work.* New York, NY: Random House.

Bakhamis, L., Paul III, D. P., Smith, H., Coustasse, A. (2019), **Still an epidemic: The burnout syndrome in hospital registered nurses**. *Health Care Manager, 3*8, 3-10. doi: 10.1097/HCM.00000000000243

Bellin, Z. J. (2015). The meaning connection between mindfulness and happiness. *Journal of Humanistic Counseling*, *54*, 221-235. doi:10.1002/johc.12013

Ben-Shahar, T. (2007). *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment.* New York, NY: McGraw-Hill.

Doman, F. (2016). *Authentic Strengths. Maximize Your Happiness, Performance & Success with Positive Psychology Coaching.* Las Vegas, Nevada: Next Century Publishing.

Dweck, C. (2006). *Mindset. The New Psychology of Success*. New York, NY: Random House.

Fredrickson, B. (2009). Positivity. New York, NY: Random House.

Friganovic, A., Polona, S., Ilic, B., & Sedic, B. (2019). **Stress and burnout syndrome and their associations with coping and job satisfaction in critical care nurses: A literature review**. *Psychiatria Danubina, 31*, 21-31. Retrieved from http://www.psychiatria-danubina.com/

Gauthier, T., Meyer, R. M., Grefe, D., & Gold, J. I. (2014). An on-the-job mindfulness-based intervention for pediatric ICU nurses: A pilot. *Journal of Pediatric Nursing, 30*, 402-409. doi:10.1016/j.pedn.2014.10.005

Germer, C. (2009). *The Mindful Path to Self-compassion. Freeing Yourself from Destructive Thoughts and Emotions*. New York, NY: Guilford Press.

Hanson, R. (2008). Resilient. Find Your Inner Strength. New York, NY: Penguin Random House.

Kabat-Zinn, J. (2005). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York, NY: Delta Trade Paperbacks.

Khamisa, N., Peltzer, K., Ilic, D., & Oldenburg, B. (2016). Effect of personal and work stress on burnout, job satisfaction and general health of hospital nurses in South Africa. *Health SA Gesondheid, 22, 252-258.* doi:10.1016/j.hsag.2016.10.001

Langer, E. (1989). *Mindfulness*. New York, NY: Addison-Wesley.

Livingston, E. & Collette-Merrill, K. (2018). Effectiveness of integrative restorative (iRest) yoga nidra on mindfulness, sleep, and pain in health care workers. *Holistic Nursing Practice, 32*, 160-166. doi:10.1097/HNP.0000000000000266

Lu, F., Xu, Y., Yu, Y., Peng, L., Wu, T., Wang, T., ... Li, M. (2019). Moderating effect of mindfulness on the relationships between perceived stress and mental health outcomes among Chinese intensive care nurses. *Frontiers in Psychiatry, 10*, n.p. doi:10.3389/fpsyt.2019.00260

Lyubomirsky, S. (2007). *The How of Happiness. A New Approach to Getting the Life You Want*. New York, NY: Penguin Group.

Mealer, M., Conrad, D., Evans, J., Jooste, K., Solyntjes, J., Rothbaum, B., & Moss, M. (2014). Feasibility and acceptability of a resilience training program for intensive care unit nurses. *American Journal of Critical Care*, 23, e97 – e105. doi:10.4037/ajcc2014747

Bibliography

CMSNE Building Strategies for Success Conference – Wednesday, May 4, 2022 Case Management Strong – New Beginnings

Neff, K. (2015). *Self-compassion: The Proven Power of Being Kind to Yourself.* New York, NY: Haper Collins.

Roberts, P. (2018). Three good things: Build resilience and improve well-being. *American Nurse Today, 13*, 26-28. Retrieved from www.AmericanNurseToday.com

Seligman, M. (2013). Authentic Happiness. Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York, NY: Simon & Schuster.

Schwartz, J. & Gladding, R. (2012). You Are Not Your Brain. The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life. New York, NY: Penguin Group

Toomey, D. (2016). *The Happiness Result – More time, More health, More love, More success.* 7 *Simple techniques to create you're A.W.E.S.O.M.E. life*. Quincy, MA: Borromeo Publishing

Microaggressions: Clarification, Evidence, and Impact Monnica T. Williams First Published August 16, 2019 Research Article Find in PubMed https://doi.org/10.1177/1745691619827499

The What, the Why, and the How: A Review of Racial Microaggressions Research in Psychology Gloria Wong, corresponding author Annie O. Derthick, E. J. R. David, Anne Saw, and Sumie Okazaki https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4762607/

Balsam KF, Molina Y, Beadnell B, Simoni J, Walters K. *Measuring multiple minority stress: The LGBT People of Color Microaggressions Scale.* Cultural Diversity and Ethnic Minority Psychology. 2011;17(2):163–174. [PMC free article] [PubMed] [Google Scholar]

Barnes RR. *Racial microaggressions, racial identity, and working alliance in cross-racial counseling supervision relationships between black supervisors and white supervisees*. (Doctoral dissertation) 2011 Retrieved from ProQuest LLC. [Google Scholar]

Basford T. E., Offerman L. R., Behrend T. S. (2014). *Do you see what I see? Perceptions of gender microaggressions in the workplace.* Psychology of Women Quarterly, (3), 340–349. [Google Scholar]

Perceived microaggressions in health care: A measurement study Daniel Cruz, Yubelky Rodriguez, Christina Mastropaolo Published: February 5, 2019 <u>https://doi.org/10.1371/journal.pone.0211620</u>

Nadal KL. *The racial and ethnic microaggressions scale (REMS): Construction, reliability, and validity*. J Couns Psychol. 2011;58(4): 470–480. pmid:21875180

Is microaggression an oxymoron? A mixed methods study on attitudes toward racial microaggressions among United States university students P. Priscilla Lui, Shalanda R. Berkley, Savannah Pham, Lauren Sanders Published: December 2, 2020 https://doi.org/10.1371/journal.pone.0243058