

## Resources and Tips for Nonprofits and Agencies

### Mental Health Issues for Providers and Community Leaders

1. This issue affects us at home. It is personal.
  - a. Local and national decisions can resonate deeply on a personal level, affecting morale and well-being.
  - b. Taking action does help, but much of the advocacy activity has to be done on personal time, so people are at this day and night.
  - c. Staff report feeling disheartened, worried, and stressed.
2. Support one another
  - a. MILPA offers a weekly Circulo discussion Thursdays at 5:30 PM to hear fears and concerns in the community.
3. Connect with deeper motivations for the work: love, children's futures, etc.
4. Sources of wellness and self-care: physical activity/exercise, culture, spirituality, family, sharing experiences/feelings/emotions with others

Other resources:

Rockwood Institute:

<https://rockwoodleadership.org/21-self-care-resources-help-heal-survive/>