**You Gotta’ Nourish to Flourish**

**Resources on Self-Care for Nonprofit Professionals**

**Complied by Whitney Morris, Coach & Trainer, September 2020**

Why self-care matters:

* [Why Self-Care Is So Important by Kristin Wong](https://lifehacker.com/why-self-care-is-so-important-1770880812)
* [Burnout Prevention and Intervention by Melissa A. Fabello](http://everydayfeminism.com/2014/02/burn-out/)

Strategies to incorporate more self-care into a nonprofit life/workplace:

* [45 Simple Self-Care Practices for a Healthy Mind, Body and Soul, by Ellen Bard](http://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/)
* [From Fired Up to Burnout: 7 Tips to Help You Sustain a Life Committed to Social Justice, by Britt Bravo](http://rockwoodleadership.org/burnout-7-tips-to-help-you-sustain-a-life-committed-to-social-justice/) and [21 Self-Care Resources to Help You Heal and Survive by Joi Foley](http://rockwoodleadership.org/21-self-care-resources-help-heal-survive/) (Both from Rockwood Leadership Institute)

Benefits of nature:

* Highly engaging podcast that highlights the benefits of nature for humans, even in urban settings:[You 2.0: Our Better Nature from Hidden Brain in Podcasts](http://podcasts.apple.com/us/podcast/hidden-brain/id1028908750?i=1000446746820)
* [The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative,by Florence Williams, 2017](https://bookshop.org/books/the-nature-fix-why-nature-makes-us-happier-healthier-and-more-creative/9780393355574)
* News coverage of the study of nature and the Robert Taylor Homes, [“The science suggests nature is essential to human health,” Illinois News Bureau, 2009](http://news.illinois.edu/view/6367/206035)

Benefits of gratitude:

* [How Gratitude Changes You and Your Brain by Joel Wong and Joshua Brown](http://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain)
* [Gratitude, Why Practice It? Greater Good Magazine](http://greatergood.berkeley.edu/topic/gratitude/definition#why-practice-gratitude)

Making an organizational cultural shift in thinking about self-care:

* [*The Happy Healthy Nonprofit: Strategies for Impact without Burnout*](https://bookshop.org/books/the-happy-healthy-nonprofit-strategies-for-impact-without-burnout/9781119251118), Beth Kanter and Aliza Sherman, 2016.

Checklists and assessments focusing on stress and self-care:

* A [useful checklist for generating self-care ideas](https://happyhealthynonprofit.files.wordpress.com/2016/10/self-care-checklist.pdf) in many domains from *The Happy Healthy Nonprofit* by Beth Kanter and Aliza Sherman, 2016
* An [assessment](https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/are-you-stressed.pdf) to measure stress
* Quick checklist with ways to get you back on track which should be useful to anyone during COVID-19 sheltering In place, “[Everything is awful and I’m not okay: Questions to ask before giving up](https://drive.google.com/file/d/0B6A2F5ky9SELU0Zfd05YMEpyNUk/view)”

Self-Compassion:

* [What is self-compassion and how does it work? by Dr. Kristin Neff](https://self-compassion.org/the-three-elements-of-self-compassion-2/)
* Step by step instructions for [a five-minute self-compassion break](https://self-compassion.org/exercise-2-self-compassion-break/)

My Community Call on Self-Care for Nonprofit Professionals:

* Join me for a self-care conversation **Thursday, October 1, 2020 from 12-12:30 pm.** How do sustain ourselves so we can continue doing important work in anxious times? Email me [whitneybmorris@gmail.com](mailto:whitneybmorris@gmail.com) for the zoom link.

**Whitney Morris, Coach & Trainer**

* Whitneyis a coach and trainer supporting the development of individuals and organizations in the non-profit sector.
* As a coach, she works with professionals stepping into new roles, leading organizations, and contemplating career shifts.
* As a trainer, she guides staff and leaders to develop skills in management, supervision, emotional intelligence, strengths, leadership, volunteers, remote working, and design thinking.
* Whitney has more than 20 years of experience leading and managing nonprofit organizations focused on the healthy development of girls and young women.
* Whitney now offers virtual workshops for teams and organizations. Contact her to learn how she could support you and your colleagues with an interactive workshop experience.
* **Join Whitney’s next free community call on Self-Care for Non Profit Professionals on Thursday, October 1st at 12noon. Email** [**whitneybmorris@gmail.com**](mailto:whitneybmorris@gmail.com) **to participate.**

A person sitting at a table

Description automatically generated

**Email:** whitneybmorris@gmail.com

**Phone:** 415-516-7143

**Make an appointment:** [calendly.com/whitneybmorris](https://calendly.com/whitneybmorris)

**LinkedIn:** [linkedin.com/in/whitneybmorris](https://www.linkedin.com/in/whitneybmorris/)