

You Gotta' Nourish to Flourish
Resources on Self-Care for Nonprofit Professionals
Compiled by Whitney Morris, Coach & Trainer, May 2020

Why self-care matters:

- [Why Self-Care Is So Important by Kristin Wong](#)
- [Burnout Prevention and Intervention by Melissa A. Fabello](#)

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](#)
- [From Fired Up to Burnout: 7 Tips to Help You Sustain a Life Committed to Social Justice, by Britt Bravo](#) and [21 Self-Care Resources to Help You Heal and Survive by Joi Foley](#)
(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](#)
- [The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative, by Florence Williams, 2017](#)
- 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](#)

Benefits of gratitude:

- [How Gratitude Changes You and Your Brain by Joel Wong and Joshua Brown](#)
- [Gratitude, Why Practice It? Greater Good Magazine](#)

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

- [The Happy Healthy Nonprofit: Strategies for Impact without Burnout](#), Beth Kanter and Aliza Sherman, 2016.

Checklists and assessments focusing on stress and self-care:

- A [useful checklist for generating self-care ideas](#) in many domains from *The Happy Healthy Nonprofit* by Beth Kanter and Aliza Sherman, 2016
- An [assessment](#) 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](#)"

Self-Compassion:

- [What is self-compassion and how does it work?](#) by Dr. Kristin Neff
- Step by step instructions for [a five-minute self-compassion break](#)

Humor and encouragement:

- [NonProfitAF](#) is a wonderful, weekly nonprofit blog by Vu Le with powerful insights that is laugh-out-loud funny and also incredibly informative. Check out [this post](#) on self-care or [this one](#) on lessons for the non-profit workplace.

Whitney Morris, Coach & Trainer

- Whitney is a coach and trainer supporting the development of individuals and organizations in the non-profit sector.
- As a coach, she works with non-profit 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 working from home. Contact her to learn how she could support you and your colleagues with an interactive workshop experience.



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