

YOUR WEBINAR

Self-Care for Non-Profit Pros

WILL BEGIN IN A FEW MOMENTS



APRIL 1, 2020

SELF-CARE FOR NON-PROFIT PROFESSIONALS

Presented by Jessica Cloud, CFRE
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**HOW ARE YOU
TODAY?**

TELL ME IN THE CHAT



**WHAT ARE YOU
MOST WORRIED
ABOUT NOW?**

TELL ME IN THE CHAT



WHO AM I?

JESSICA CLOUD

- 20 years of fundraising experience
- CFRE and MA
- Day job but I blog, train, and consult on the side
- Work-from-home fundraiser
- Former homeschool mama
- I've tackled my own perfectionism, imposter syndrome, anxiety and postpartum depression. It's a daily battle for maintenance.



WHAT IS SELF-CARE?

NOT CRYSTALS AND BUBBLE BATHS



"Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others." - from Psych Central

Elements of Self-Care



DELIBERATE

Plan for self-care

You have to be conscious about planning your self-care. It doesn't just happen. You must plan for it, schedule it, and make room for it in your daily routine.



CONSISTENT

Keep promises to yourself

Self-care often includes activities that we don't naturally gravitate toward but we do them to be our best self (like a parent making sure a child brushes their teeth).



NOT INDULGENT

It's actually essential

Self-care isn't selfish. Proper self care makes us more balanced, patient and kind, thus promoting healthier relationships of all kinds. Self-care helps us help others.



THE IMPORTANCE OF YOU

You are a force to be reckoned with. Your work enables students to get an education, hungry people have meals, animals to find homes and so many other wonderful life-affirming changes. All of which wouldn't happen without the work that you (and others like you) do.

You are the superpower of the non-profit world, the engine that makes this sector move: The Fundraiser.

SELF CARE MIND MAP

8 SECTORS TO THINK
ABOUT



Self Care Mind Map

MINDSET

- Meditation
- Affirmations
- Visualizations
- Journaling
- Positive Podcasts
- Audiobooks
- Social Media Detox

INTELLECT

- Documentaries
- Read books
- Continuing education
- Youtube (learn a new skill)

SAYING "NO"

- What is taking up your mental space?
- What is taking up your time?
- What can you let go of?
- Avoid overstimulation
- Limiting News

FEELINGS

- Online therapy
- Online 12-step meetings
- Dinner with Facetime friends
- Zoom rooms with friends

Self Care Mind Map

BODY

- Wash your hands!
- Stay Home
- Exercise
- Yoga
- Sleep
- Healthy Food
- Vitamins
- Floss (and Brush) Teeth

SPIRIT

- Find a spiritual home
- Read poetry or other inspirational literature
- Connect with nature
- Connect with family
- Music and especially singing

PLAY

- Visual Art
- Crafts (especially repetitive motion ones)
- Singing
- Dancing
- Games
- Bicycling

NOT-SO-GUILTY PLEASURES

- Baths
- Grooming
- Fashion
- Movie marathons
- Binge watching TV series
- Making and eating treats

HABIT TRACKERS



Month 1

90 Day Healthy Habit Tracker

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Month 2

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Month 3

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

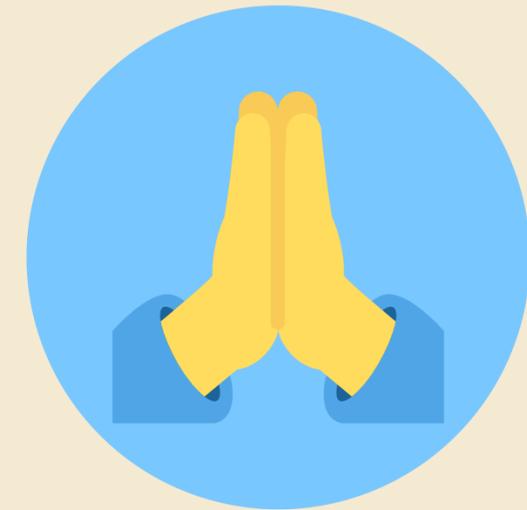
A FEW MORE THINGS



CREATE AN EMERGENCY
INDULGENCE LIST



BE THE SQUEAKY WHEEL FOR
OFFICE CHANGE



GRANT GRACE (AND TIP
WELL) RIGHT NOW



QUESTIONS?

TAKEAWAYS

SELF CARE

Give yourself and everyone grace. Self care isn't selfish. It must be deliberate and should be consistent.

YOU ARE NEEDED

Your self care is vastly important. You will be key to the recover of the non-profit sector. Take care of yourself.

START SOMEWHERE

Brainstorm an array of things that could improve your life. Pick a few and try them out. Pick something new to you. Adjust as needed.

HABITS ARE KEY

It's not our grand gestures that kept us healthy in body, mind, and spirit, but the small things we do daily.

INDULGENCES ARE O.K.

Keep your emergency list of indulgences handy when you feel anxiety, burnout, or overwhelm coming on.

SQUEAKY WHEEL

Working on yourself during this chaotic time will put you in a better position to advocate for change in your workplace.

ACTION ITEMS



COMPLETE SELF CARE MIND MAP

Generate as many ideas as you possibly can. Don't censor yourself. This will be a great resource for yourself and for others.



START YOUR HABIT TRACKER

Pick 4-5 and try them out for one month. If one doesn't feel right or has no benefit, throw it out and pick another. Stretch yourself and try something new.



BE THE SQUEAKY WHEEL

Encourage your office to be a fully 21st century office. Building your personal resilience now can give you the inner strength to advocate effectively for change.

Connect with Me!



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Tweet me questions or comments!

#selfcare4nonprofitpros



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LINKEDIN

Connect with Jessica Cloud
directly or request to join the
Phonathon Manager's Forum group



FINAL QUESTIONS?

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