



# RESOURCES

## BOOKS

- [CALM not BUSY: How to Manage Your Nonprofit's Communications for Great Results](#) by Kivi Leroux Miller
- [The Happy, Healthy Nonprofit: Strategies for Impact without Burnout](#) by Beth Kanter
- [The Checklist Manifesto](#) by Atul Gawande
- [Books by Sarah Knight](#)
- [Monkey Mind: A Memoir of Anxiety](#) by Daniel Smith

## NEWSLETTERS

- LinkedIn - [Anxious Achiever](#) - Morra Aarons-Mele
- [Extra Focus](#) (ADHD)
- [Out of Office](#)

## CHECKLISTS

- Litmus - [The Ultimate Email Checklist](#)
- Campaign Monitor - [Use This Email Campaign Checklist to Send Error-Free Email Marketing Campaigns](#)
- Beth Kanter - [Self Care Plan Template](#)
- Nonprofit Marketing Guide - [Is My Messaging Relevant?](#)
- TherapistAid - [Challenging Anxious Thoughts](#)
- Positive Psychology - [Mindfulness Anxiety Plan](#) & [Anxiety Strategy Cards](#)

## APPS

- [Grammarly](#) - Note: Use caution because it doesn't always get it right!
- [Hours App](#) (iPhone)

## GENERAL

- [Self Love Rainbow](#)