



Further Reading

- *Burnout: The Secret to Unlocking the Stress Cycle* by Emily and Amelia Nagoski
- *The Happy, Healthy Nonprofit: Strategies for Impact Without Burnout* by Beth Kanter and Aliza Sherman
- [Beyond Burned Out](#) by Jennifer Moss
- [Breaking the Stress Cycle: Burnout Relief for Grant Writers and Fundraisers](#) by Kimberly Hays de Muga
- [Burnout at Work? It's Not Your Fault](#) by Nicole Radziwill
- Burnout in the Grants Profession: An Initial Analysis and Bigger than Burnout: Strategies for Winning the Silent Battle (included in your handouts)
- [Burnout Prevention and Treatment](#) by Help Guide
- [Don't Let Micro-Stresses Burn You Out](#) by Rob Cross, Jean Singer, and Karen Dillon in the Harvard Business Review
- [How to Survive and Recover From Burnout](#) by Kim Pawlak
- [I'm a builder at heart — of people, programs, and purpose.](#) Stanford Business
- [Job burnout: How to spot it and take action](#) by Mayo Clinic

Further Listening

- [Fundraising HayDay](#)
 - [Break the Stress Cycle: What We Need to Know](#)
 - [Recognizing the Signs of Career Burnout](#)
 - [The Real Scoop on Self-Care in the Workplace](#)
 - [Burnout: Has It Happened To You?](#)
- [Grantseeker Coffee Talks](#)
 - [You are not alone. Burnout is real, relevant, and recoverable.](#)
- [Successful Nonprofits Podcast](#)
 - [Life After Burnout with Bethany Planton and Trish Bachman](#)
 - [Creating a Strong Back Office with Sean Hale](#)
 - [Using “Scrum” to Avoid Burnout with Diane Leonard](#)
 - [Impact Without Burnout with Beth Kanter](#)
 - [The Secret to Low Stress & High Efficiency with Susie Hayman](#)
 - [8 Proven Ways to Feel Happier at Work with Bea Boccalandro](#)
 - [The Ripple Effect with Natasha Wallace](#)
 - [Results Based, Employee Centered](#)
 - [Take a Vacation!](#)





- [Sabbaticals for Everyone in Your Organization with Marvin Webb](#)

Further Assessment

- [The Happy, Healthy Nonprofit Resources](#)
- Dial 2-1-1 to connect with mental health professionals in your area

Further Discussion

- Twitter: [@HealthyGrantPro](#)