



## Resources

### Grant Searches

SCAF has an "Essential" subscription to Candid's Foundation Directory <https://fconline.foundationcenter.org/> and can search for grants on your behalf.

Reach out to either Natalie or Julie with your funding needs.

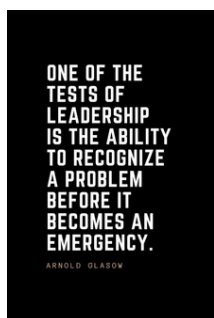
The "Professional" subscription (includes more features) is also available to access for free through the Sno-Isle Library using a computer at their Marysville location:

<https://www.sno-isle.org/resources/business-finance/>

### Tutorials

The Sno-Isle Library offers free access to Linked In Learning (formerly Lynda.com)

<https://www.linkedin.com/learning-login/go/snoislelibraries> which includes over 21,600 classes with topics ranging from using Excel, to time management, to perfecting your elevator speech.



[State of Washington Nonprofit/Charity Requirements](#)

[www.s-caf.org](http://www.s-caf.org)  
360-629-6878



# Nonprofit Newsletter

## ***Self-Care and Boundaries for Nonprofit Leaders: A Critical Guide by Julie Vess***

Nonprofit leaders are essential to the success of their organizations and the communities they serve. They are often passionate about their work and driven to make a difference. However, this passion and dedication can also lead to burnout, which can have a negative impact on the leader's health and well-being, as well as the organization's performance.

Self-care and boundaries are essential for nonprofit leaders to avoid burnout and stay effective in their roles. Self-care is about taking care of your physical, mental, and emotional health. This includes things like eating healthy, getting enough sleep, exercising regularly, and spending time with loved ones. Boundaries are about setting limits on your time and energy so that you are not overextending yourself.

Here are some tips for nonprofit leaders on how to practice self-care and boundaries:

### Self-care:

- Set aside time for yourself each day. Even if it's just for 15 minutes, make sure to schedule some time each day to do something that you enjoy and that helps you relax. This could be reading, listening to music, going for a walk, or spending time with loved ones.
- Take breaks throughout the day. Get up and move around, or step outside for some fresh air. Taking breaks will help you stay focused and productive when you are working.
- Say no. It's okay to say no to requests, especially if you are already feeling overwhelmed. Don't be afraid to delegate tasks to others or to take some time for yourself.

Take vacations. It's important to take time off from work to recharge and relax. Even if it's just a few days, try to take a vacation at least once a year.

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## Upcoming Event

### Save the Date!

SCAF is partnering with [Companis](#) to host a Volunteer Fair on Saturday, January 13, 2024, from 10 a.m. to noon at the Floyd Norgaard Cultural Center.

Orgs are invited to have a booth there to interact with potential volunteers.

**Leadership is not about being in charge.  
Leadership is about taking care of those in your charge.**

SIMON SINEK

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## Article continued

### Boundaries:

- Set clear boundaries between your work life and your personal life. This means avoiding checking work emails or taking work calls outside of work hours. It also means setting aside time for yourself and your family on weekends and holidays.
- Communicate your boundaries to others. Let your colleagues, board members, and donors know what your boundaries are and what you expect of them. For example, you may want to set a policy of not responding to emails after a certain time or on weekends.
- Learn to say no. It's okay to say no to requests, even if they are from people you care about. If you are already feeling overwhelmed, it's important to protect your time and energy.

Self-care and boundaries are essential for nonprofit leaders to avoid burnout and stay effective in their roles. By taking care of yourself and setting limits, you can ensure that you have the energy and resources you need to make a difference in your community.

### Here are some additional tips for nonprofit leaders:

- Find a support system. Surround yourself with people who understand the challenges of your job and who can offer support and encouragement. This could be a group of other nonprofit leaders, a mentor, or a therapist.
- Don't be afraid to ask for help. If you are feeling overwhelmed, don't be afraid to ask for help from your colleagues, board members, or donors. There are also many resources available to help nonprofit leaders, such as professional development programs and grants.
- Celebrate your successes. Take the time to celebrate your accomplishments, no matter how small they may seem. This will help you stay motivated and focused on your goals.

Remember, self-care and boundaries are not selfish. They are essential for you to be a healthy and effective nonprofit leader.

