



# 12 Ways to Deal with Stress + Anxiety

## Self-Care for Nonprofit Professionals

Co-created by IsraAID and trauma experts Dr. Debra Kalmanowitz, this self-care session provides practical strategies and useful resources to improve your emotional well-being.

**Friday, October 9, 11:30 am - 1 pm**



FREE TO REGISTER AT [SVCN.ORG](http://SVCN.ORG)



# Welcome and Introductions

- Welcome
  - *Please type your name and organization in the chat box so everyone can see who's joined*
- Housekeeping
  - *Session is NOT being recorded*
  - *Live transcription notes for accessibility*
  - *Use of chat box to host if have any needs*

# 092820 -- How are you feeling?

Mentimeter



38

# 12 Ways to Deal with Stress and Anxiety

Self Care for Nonprofit Professionals







Rachel Wallace, Director  
Outreach and Engagement



Hagit Zeev  
Licensed Marriage and Family Therapist



# Questions?



Your feedback is important to us...PLEASE GIVE US YOUR EVAL COMMENTS! 😊



# What's Coming Up Next



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# CADRE Partner Services Coordination 2020



## CADRE InterAgency Coordination Meeting #17 Monday October 12, 2020

67



10:00 to 11:30am

Register to attend at [www.cadresv.org](http://www.cadresv.org) (or copy link from chatbox)



# CYBERSECURITY + ZOOM OPTIMIZATION

What does it mean  
to keep your  
nonprofit  
cyber secure + your  
meetings effective  
in our virtual  
world?



Howard Lui  
Breaking Sky Productions



Leda Muller  
CyberLeed

October 13  
10 am -  
11:30 am  
Free!



Register at: [svcن.org](https://svcن.org)



# Public Health Update for Nonprofits

COVID public health order updates, addressing health disparities, and what's the plan for a vaccine?

Thursday, Oct 15, 2020  
1:00 - 2:00 pm PT



Register at [SVCN.org](https://www.svcn.org)

**Featuring**

**Marty Fenstersheib, MD**  
County of Santa Clara  
COVID-19 Testing Officer

Santa Clara County  
**PUBLIC HEALTH**

SVCN + CADRE

RECOVERY  
to  
RESILIENCY





# BE OUR GUEST

Buy Tickets Now!

OCTOBER 23  
NOON

SILICON VALLEY COUNCIL OF NONPROFITS

Be Our Guest  
Sponsorships  
Available





# Thinking Big Together:

How philanthropy and nonprofits must change and work together towards economic recovery, social justice, and equity -- in service to community.

**Oct 29, 1 pm**

Register:  
<https://tinyurl.com/Nicole-Taylor-Event>

Presented by:



Center for Excellence in Nonprofits



## Nicole Taylor

President and CEO  
Silicon Valley Community Foundation





Who wants to take another survey?

**THIS WILL TAKE 5 MINUTES**

**NONPROFIT  
SPACE  
SURVEY**

SVCN! 

Short survey:

<https://www.surveymonkey.com/r/S87Z6LW>

Long survey:

<https://www.surveymonkey.com/r/MGK9GNH>





# THANK YOU



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