



Chartered
Institute of
Fundraising



Essential Fundraising for Small Charities

Resilience and Wellbeing

supported by





CLAIRE
Warner

Consultant & Mentor
Founder: Charity Well

**Management + Culture +
Wellbeing**

**Fundraising | Charity |
Not-Profit | Social Good**



We will cover:-

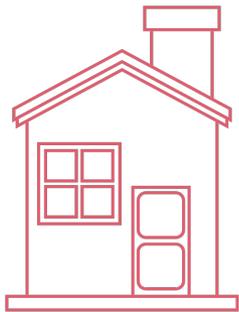
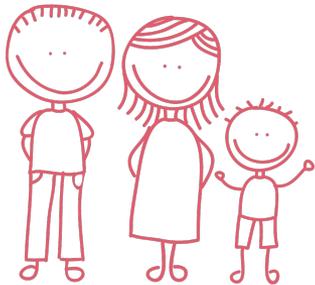
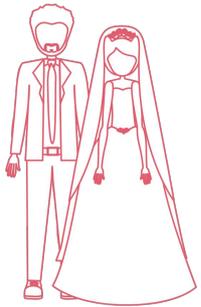
1. How to analyse your stress curve, and where you perform best
2. Why stress and sleep are so intertwined, and how to develop good habits
3. What are the core traits of resilience, and how to develop them
4. How to talk about your stress levels and wellbeing
5. How to develop healthy working relationships
6. Practical tools and techniques to manage stress



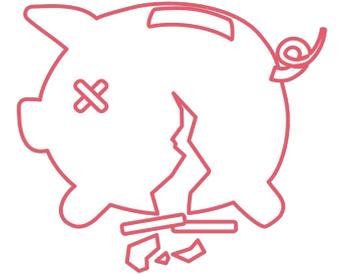
Stress



Good Stressors



&

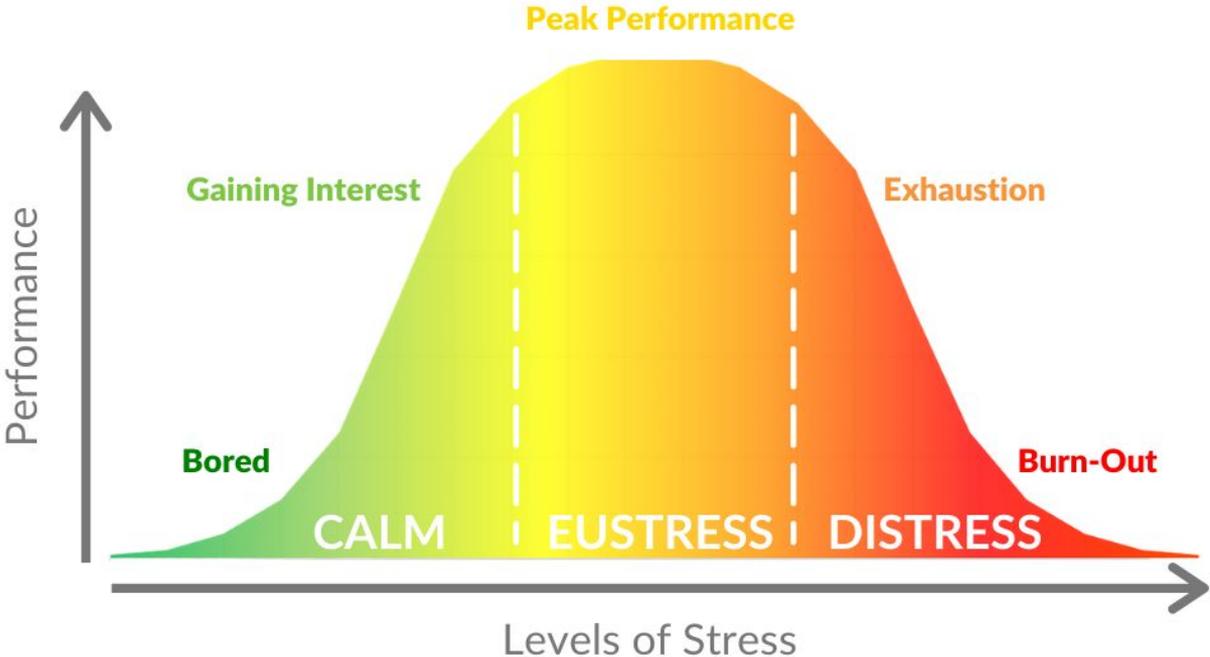


Bad Stressors



Stress and its impact on performance

Stress Curve



Stress and its effects

On your body

Headache
Muscle tension or pain
Chest Pain
Fatigue
Change in sex drive
Stomach upset
Sleep problems

On your mood

Anxiety
Restlessness
Lack of motivation or focus
Feeling overwhelmed
Irritability or anger
Sadness
Depression

On your behaviour

Overeating or Undereating
Angry outbursts
Drug or alcohol dependency / misuse
Tobacco use
Social withdrawal
Exercising less often



Work-Related Stress

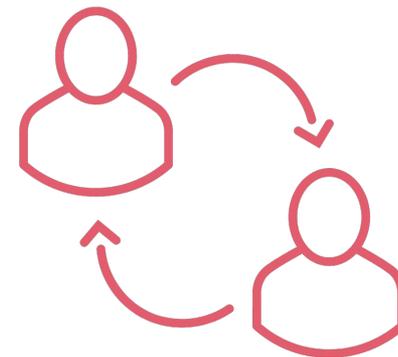


Scale of problem

12.8m
work days



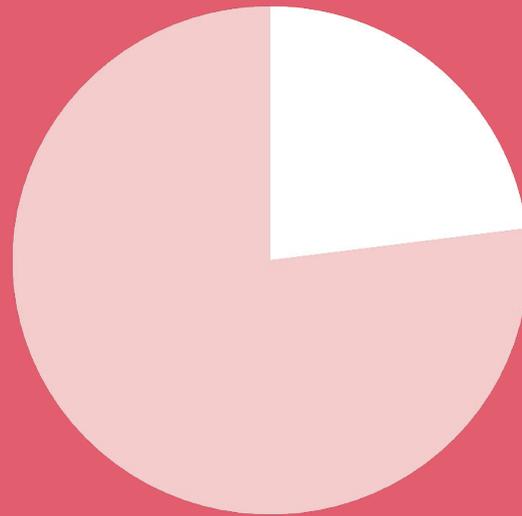
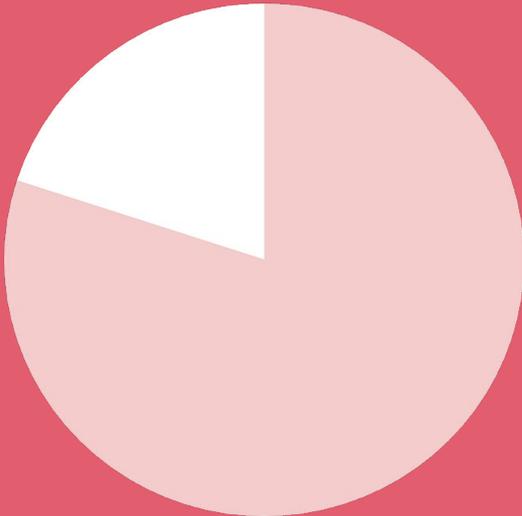
Causes



Charity Sector

Unite Survey
80% in last 6 months

Charity Well Survey
23% never experienced

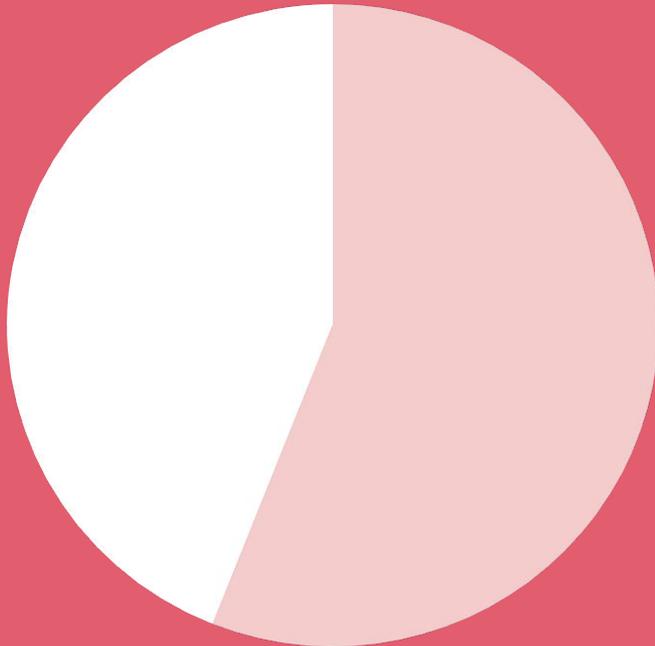


Presenteeism



Charity Sector

Charity Well Survey
56% felt pressured to work
when ill



Self-Awareness



Anticipation

What are the **GOOD** stresses in my life currently /
on the horizon?

What are the **BAD** stresses in my life currently /
on the horizon?



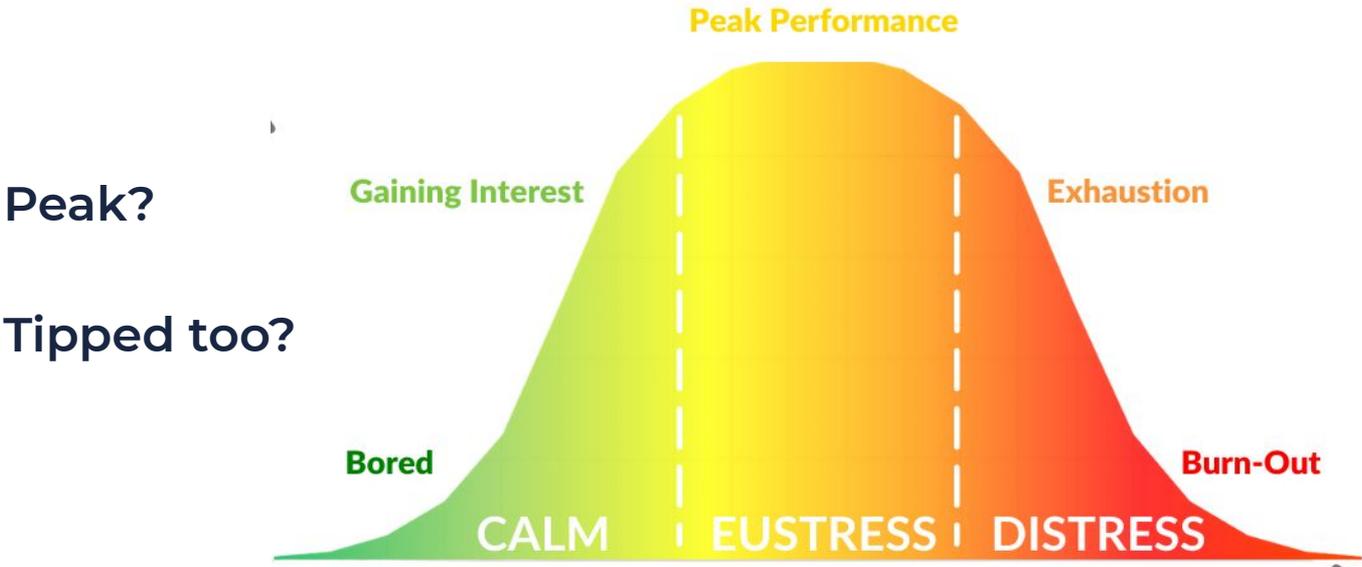
Recognition

How do you know when you're getting stressed?

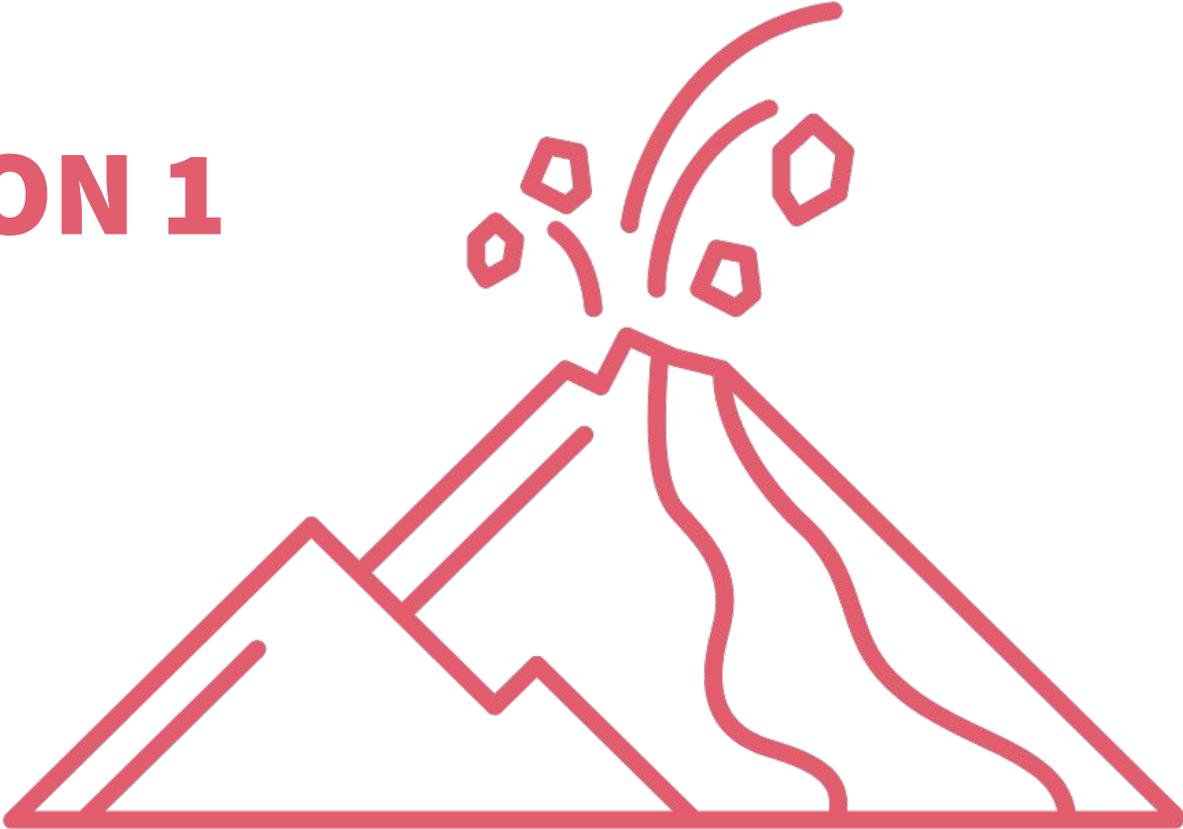
What are your symptoms and your indicators?



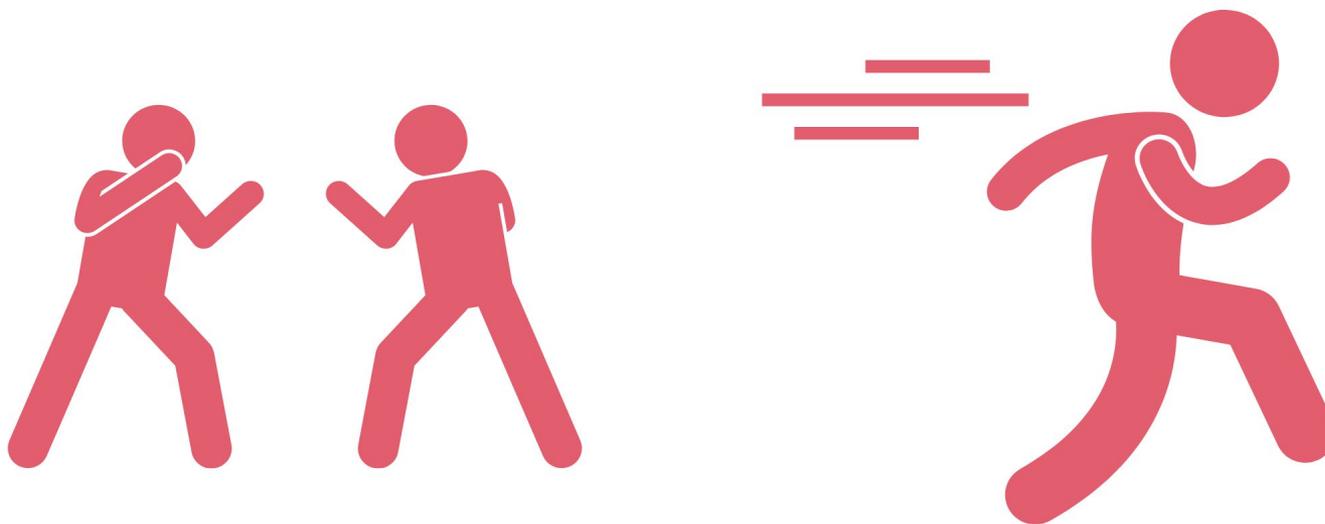
Realisation



DEFCON 1



Response



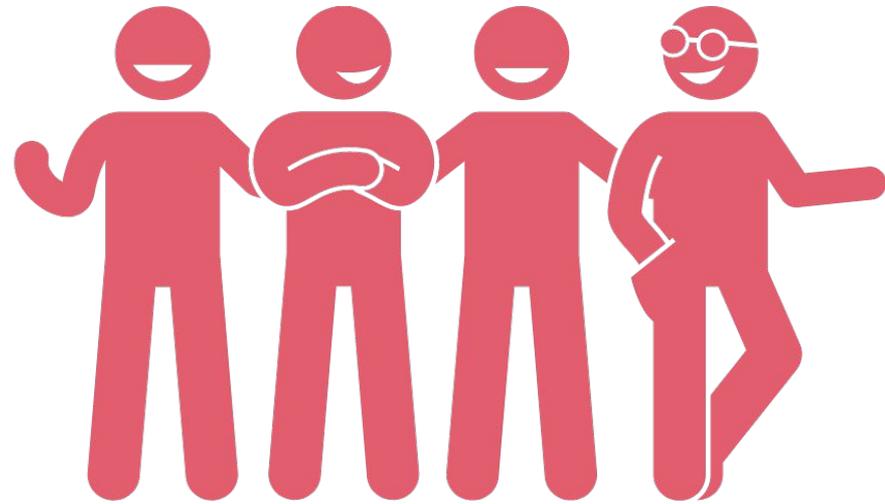
Resilience

Resilience

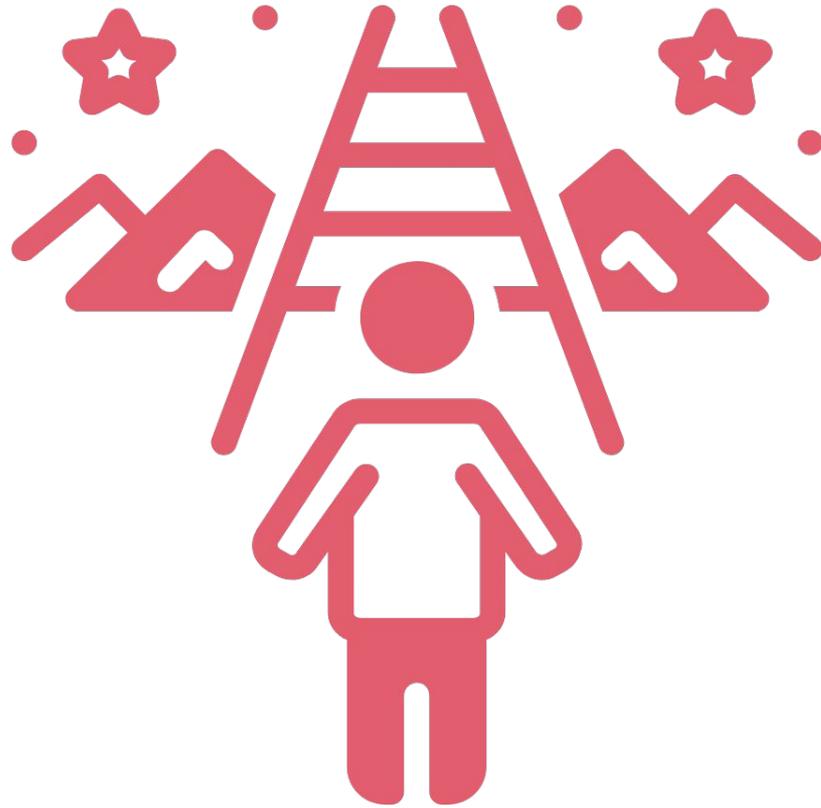
Bouncing
back



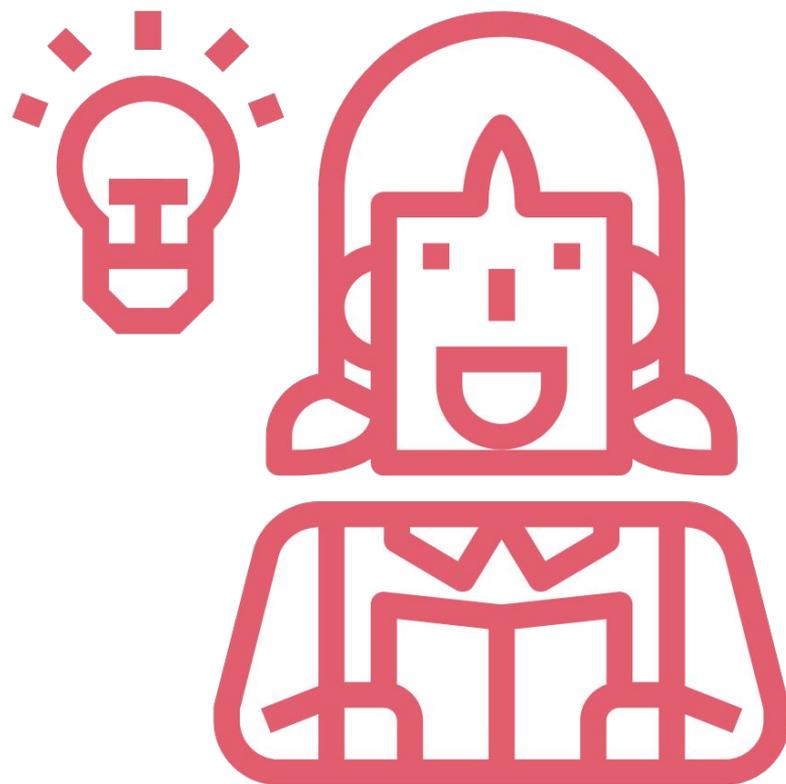
Relationships



Purpose



Learn



Think healthy thoughts



Boundaries



**Fake it til you
Make it**



What can we do?



Caveat!



Volunteering

Don't volunteer for
EVERYTHING



Learn to say

NO to some things



Practice the no!

Don't want
to spiral



Prioritise AND model self-care



Basics



Find your Squad



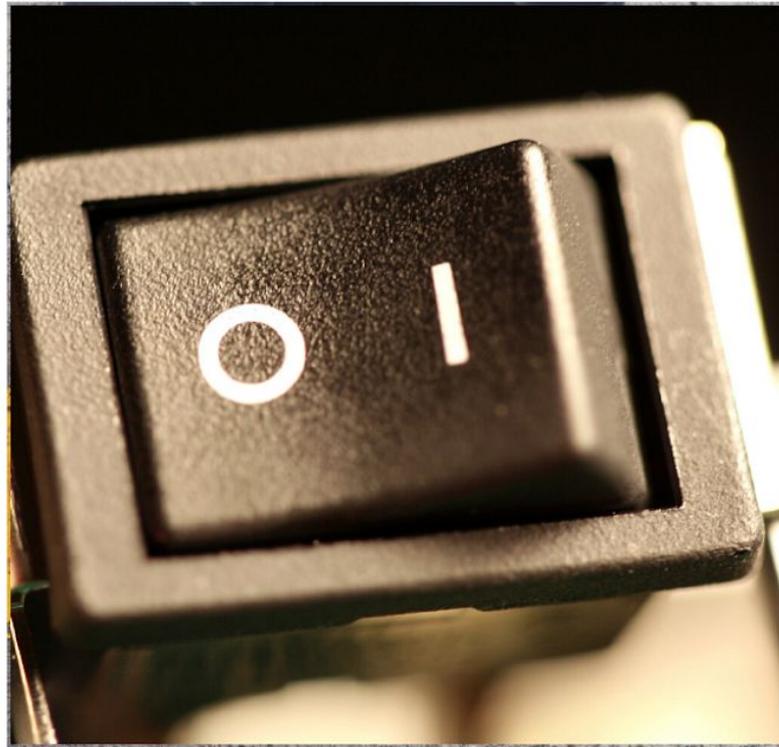
Find your Taps



Prioritise



Switch Off





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Resources and further guidance on this topic,
plus details of other events, can be found at:
bit.ly/ciofsmall

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