Caring for Yourself and Your Team in the Era of Uncertainty

Resources

Brene Brown on FFTs (podcast)

How to Combat Zoom Fatigue (Harvard Business Review)

Poll Everywhere

Trauma Stewardship: An Everyday Guide for to Caring for Self While Caring for Others by Laura van Dernoot Lipsky

Tiny Survival Guide from the Trauma Stewardship Institute

Finding Meaning: The Sixth Stage of Grief by David Kessler

I'm Still Here: Black Dignity in a World Made for Whiteness by Austin Channing Brown

White Fragility: Why It’s So Hard for White People to Talk about Racism by Robin DiAngelo

Me and White Supremacy: Combat Racism, Change the World and Become and Good Ancestor by Layla F Saad

How to Be an Anti-Racist by Iram X. Kendi