

KALEIGH CORNELISON, MSW

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 a Good Ancestor](#) by Layla F Saad

[How to Be an Anti-Racist](#) by Ibram X. Kendi