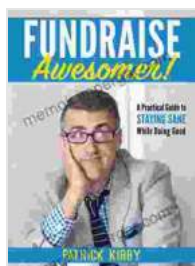


The Practical Guide to Staying Sane While Doing Good

ng good is a great way to make a difference in the world, but it can also be a stressful and overwhelming experience. This guide will provide you with practical tips and advice on how to stay sane while ng good.

1. Set realistic expectations

One of the biggest challenges of ng good is setting realistic expectations. It's important to remember that you can't save the world all by yourself. Focus on making a difference in a small way, and don't be afraid to ask for help when you need it.



Fundraise Awesomer!: A Practical Guide to Staying Sane While Doing Good by Patrick Kirby

★★★★☆ 4.8 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 108 pages
Lending : Enabled



2. Take care of yourself

It's important to take care of yourself both physically and mentally when you're ng good. Make sure to get enough sleep, eat healthy foods, and exercise regularly. Also, be sure to take some time for yourself each day to relax and de-stress.

3. Set boundaries

It's important to set boundaries with your time and energy when you're ng good. Don't be afraid to say no to requests that you don't have time for or that you're not comfortable with. It's also important to set boundaries with yourself. Don't push yourself too hard, and be sure to take breaks when you need them.

4. Find support

It's important to find support from other people who are ng good. This could include friends, family members, colleagues, or volunteers. Having a support system can help you to stay motivated and to cope with the challenges of ng good.

5. Be patient

ng good takes time and effort. Don't get discouraged if you don't see results immediately. Just keep working at it, and eventually you will make a difference.

6. Celebrate your successes

It's important to celebrate your successes, no matter how small. This will help you to stay motivated and to keep going. Take some time to reflect on

what you've accomplished, and share your successes with your friends and family.

7. Don't give up

ng good can be challenging, but it's also incredibly rewarding. Don't give up, even when things get tough. Just keep working at it, and eventually you will make a difference.

Here are some additional tips for staying sane while ng good:

- **Be mindful of your thoughts and emotions.** Pay attention to how you're feeling, and don't ignore your negative thoughts and emotions. If you're feeling overwhelmed, take some time to de-stress and relax.
- **Practice self-compassion.** Be kind to yourself, and don't judge yourself for your mistakes. Everyone makes mistakes, and it's okay to forgive yourself.
- **Seek professional help if needed.** If you're struggling to cope with the challenges of ng good, don't be afraid to seek professional help. A therapist can help you to develop coping mechanisms and to improve your mental health.

Remember, you're not alone in this. There are many people who are ng good in the world, and you can too. Just follow these tips, and you'll be on your way to making a difference.

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