



COMMUNITY ASSOCIATION MANAGERS  
**WELLNESS GUIDE**

**COMMUNITY ASSOCIATION BOARD MEMBERS AND MANAGERS EXPERIENCE MENTAL HEALTH CHALLENGES IN ALL ASPECTS OF FULFILLING THEIR OBLIGATIONS TO THE COMMUNITY AND ITS RESIDENTS. CAI RECOGNIZES THAT THIS CAN TAKE A TOLL, LEADING TO FEELINGS OF BURNOUT AND JOB DISSATISFACTION.**

The 2021 Community Association Managers Council made manager wellness a priority during their term, organizing three task forces specifically designed to help community managers and board members achieve a mutual goal of mental and physical wellness. This can be accomplished by finding healthy, functional approaches to both your personal and professional life using simple steps.

[Here are some resources to get you started >>](#)



# MUST-HAVE MOBILE APPS

## Headspace

Headspace provides simple exercises to help you begin a personal mindfulness routine. The app was developed by combining ancient practices with modern science to deliver easy guided meditations that can help you sleep better, reduce stress, raise focus, and more. Not only are the results shown through research, but these exercises can be done just 5 minutes before bedtime.

## The Tapping Solution

The Tapping Solution is a different kind of meditation app. Based on ancient Chinese acupuncture practices, this app guides the user through a meridian-point tapping exercise that reduces cortisol levels, relieving stress and anxiety. Combining ancient wisdom with modern technology, this app offers an innovative new way to unwind.

## Music apps

Studies have shown that listening to music can reduce stress and increase happy hormones. Whether you use Spotify, Apple Music, Pandora, or something else, don't forget to incorporate a daily dose of music into your routine.

## DailyHoroscope

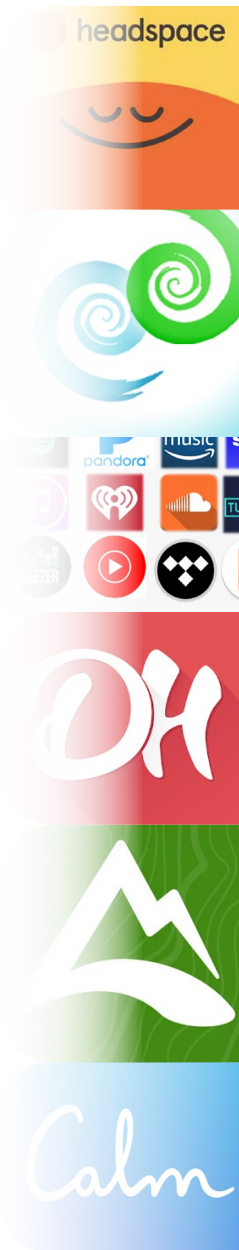
DailyHoroscope is a fun, easy-to-use app that allows you to access your daily, weekly, and monthly horoscopes as well as read about your zodiac sign's characteristics and compatibility with other signs. If astrology helps you to be motivated throughout the day, you'll have to give this app a try.

## AllTrails

AllTrails is your new favorite adventure companion. The app allows the user to find hiking trails in any given area searching by trail name, park, or even by city. Trail hours, rules, pet-friendliness, and user reviews are all available right from the app, along with information about the hike itself, such as length, elevation, and difficulty. Exploring nature can be a great escape from a hectic lifestyle, and this app makes that simpler than ever.

## Calm

Calm is the #1 app for sleep, meditation and relaxation. Manage stress, balance moods, sleep better and refocus your attention. Guided meditation, Sleep Stories, soundscapes, breathwork and stretching exercises fill our extensive library. Practice self-healing and discover a happier you through Calm.



# FEDERAL RESOURCES

## U.S. Department of Health and Human Services Prevention and Wellness Resources

This site is a great resource for keeping up to date with federal guidelines for health and wellness. It features sections with recommendations for vaccines and immunizations, nutrition and fitness, health screenings, mental health and substance abuse, the environment and health, and general guidelines for maintaining a healthy lifestyle. Updated regularly with new information, this website is a great resource for staying on top of your physical health.

[www.hhs.gov](http://www.hhs.gov)

## CDC Mental Health Resources

The Centers for Disease Control and Prevention Mental Health Resources page provides free, confidential mental health resources that can help you or a loved one cope with any difficulties you may be having. These resources include helplines; tools for finding behavioral health treatments; information for veterans and others struggling from post-traumatic stress disorder; information for individuals dealing with substance abuse; federal mental health campaigns such as the current "Moms' Mental Health Matters," and more. This page is a great resource to remind you that you are not alone, and that there is help available for anything you may be going through.

[www.cdc.gov](http://www.cdc.gov)

## National Institutes of Health Science-based Health and Wellness Resources for your Community

This health and wellness resources page provides the latest information on scientific mental health research. It also provides recipes and wellness tips to live a comprehensive, functional lifestyle.

[www.nih.gov](http://www.nih.gov)

# BOOKS

## ***Burnout—The Secret to Unlocking the Stress Cycle*** by Emily and Amelia Nagoski

This revolutionary book reveals how to unlock the stress cycle in order to help women, and anyone else struggling with exhaustion, overcome fatigue and burnout. This book teaches a simplified approach to achieving wellness and peace through the natural bodily cycle, undoing the many pressures and rules around what wellness “should” look like.

[www.burnoutbook.net](http://www.burnoutbook.net)

## ***The Sleep Revolution: Transforming Your Life, One Night At A Time*** by Arianna Huffington

This novel declares that we are amid a sleep deprivation crisis and calls for a sleep revolution. Good sleep, Huffington argues, is the first building block on the path to wellness and success. This book combines sleep and dream science, both old and new, with personal accounts and lessons to build a comprehensive guide for getting our sleep schedules, and ultimately our overall health and success, back on track.

[www.amazon.ca](http://www.amazon.ca)

## ***The Subtle Art of Not Giving a F\*ck; A Counterintuitive Approach*** by Mark Manson

To achieve actual happiness and fulfillment, Mark Manson says, we don’t need to fake positivity. The result is a tell-it-like-it-is, refreshing take on mental health that doesn’t call for false positivity, but instead for learning how to realistically cope with our very real stressors and weaknesses, and learning how to embrace those things to be passionate about our everyday lives.

[www.amazon.com](http://www.amazon.com)

## ***The Energy Bus*** by Jon Gordon

This Wall Street Journal bestselling book by Jon Gordon provides 10 rules that promise to help businesspeople and leaders improve their work and home lives with a straightforward action plan. With tips for empowering and energizing all of the teams in your life, both at work and at home, this book is a must-read for anyone in a management role.

[www.jongordon.com](http://www.jongordon.com)

## ***Think Again*** by Adam Grant

The bestselling author of Give and Take and Originals examines the critical art of rethinking: learning to question your opinions and open other people’s minds, which can position you for excellence at work and wisdom in life.

[www.amazon.com](http://www.amazon.com)





## ***The 5 Second Rule: Transform your Life, Work, and Confidence with Everyday Courage***

**by Mel Robbins**

Using the science of habits, riveting stories and surprising facts from some of the most famous moments in history, art and business, Mel Robbins will explain the power of a 'push moment.' Then, she'll give you one simple tool you can use to become your greatest self.

[www.amazon.com](http://www.amazon.com)



# PODCASTS



## The Ultimate Health Podcast

In The Ultimate Health Podcast, chiropractor and mental health enthusiast Jesse Chappus, and nutritionist Marni Wasserman interview health and wellness experts, covering many health topics such as nutrition, fitness, and meditation. The podcast aims to teach listeners how to achieve their maximum health potential and take their health to the next level.

[www.ultimatehealthpodcast.com/](http://www.ultimatehealthpodcast.com/)



## The Rich Roll Podcast

Rich Roll, an influential plant-based wellness leader and ultra-endurance athlete, spends every week featuring a different industry-leading guest and covering topics in physical and mental health, fitness, nutrition, entrepreneurship, and so much more in this comprehensive weekly podcast.

[www.podcasts.apple.com](http://www.podcasts.apple.com)



## Straight Up with Trent Shelton Podcast

In this weekly podcast, former NFL linebacker and internationally successful motivational speaker Trent Shelton brings his insights to listeners' ears. Warm and inviting while also brutally honest, this podcast delivers useful and important mental health guidance and motivations week after week.

[www.podcasts.apple.com](http://www.podcasts.apple.com)



## The Rachel Hollis Podcast

From New York Times best-selling author Rachel Hollis comes the ultimate podcast for anyone looking for more joy and purpose in their lives. Featuring candid interviews with top performers in business, media, and lifestyle, as well as deep dives into topics like health and motivation, The Rachel Hollis Podcast has everything you need to level up your life!

[www.podcasts.apple.com](http://www.podcasts.apple.com)

# SELF CARE AND STRESS REDUCTION TIPS

## Be Grateful

Celebrate accomplishment

## Laugh Out Loud

Keeps your mood in check

## Be Present

Focus on the one task or person in front of you

## Move Your Body

Go for a walk, exercise, anything to keep you moving

## Listen to Music

It calms the mind

## Maintain a Hobby

Create a soothing environment

## Disconnect

Take time to turn it off and do something you enjoy

## Hydrate

Make sure to drink plenty of water

## PLUS...

Make sure you are staying connected with important resources CAI provides for board members and community managers through our emails, webinars, classes, publications, and networking opportunities. Take care!

»» Learn more at [www.caionline.org/LearningCenter](http://www.caionline.org/LearningCenter)

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# 2021 Community Association Managers Council

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