

## FundWell

### *A Swift Summary of Wellbeing Stuff for Funders*

Dear FundWell Community,

We hope this message finds you in a moment of joy. Here at [The Wellbeing Project](#), a ritual we all cherish is taking a week in August to shut down. This moment of collective rest, rejuvenation, and reflection helps us return to our work refreshed and energized. As part of the global network of changemakers, we know this practice is challenging to put into practice. To honor this week of rest, the FundWell newsletter is also taking the month off. Here is our gentle reminder to you all to take time to rest this month.

“When you rest, you catch your breath and it holds you up, like water wings...” — Anne Lamott

“Your commitment to your wellness is part of the revolution.” — Danielle LaPorte

“There is virtue in work and there is virtue in rest. Use both and overlook neither.” — Alan Cohen

“If you get tired, learn to rest, not to quit.” — Bansky

With gratitude,  
Brie and The Wellbeing Project



Credit: [cristoph wesi on Unsplash](#)

Image description: dog sitting in front of camper near body of water during daytime

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How does your funding organisation define wellbeing? Does it support wellbeing for its stakeholders? [Reflect and share here, in the Funders + Wellbeing Survey.](#)

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