Finding Work/Life Balance in the Arts
Resource List

BOOKS

WEBSITES, BLOGS, PODCASTS, AND MORE
Beth Kanter, author of the Happy Healthy Nonprofit www.bethkanter.org
Unmistakable Creative, for the working artist https://unmistakablecreative.com/articles-new/
Maura’s Productivity Blog https://maurathomas.com/blog/
Nonprofit Leadership Podcast https://nonprofitleadershippodcast.org
Safe for Work Podcast https://wondery.com/shows/safe-for-work/

SMART PHONE SCREEN TIME SETTINGS (to limit your screen time for apps and websites)
How to Use Screen Time Controls in iOS12
https://www.wired.com/story/how-to-use-screen-time-ios-12/
Here’s how Google’s Digital Wellbeing feature looks and works in Android 9.0 Pie

PRODUCTIVITY APPLICATIONS
Checklist+ Make a checklist for anything and everything!
30/30 Based on the pomodoro method; helps you avoid time-sucking, rabbit hole tasks by setting a timer to move on to something different, so you have time to get more done
Todo A good general to do list application, recently acquired by Microsoft
Todoist This application connects online for use across multiple devices
ClickUp Combines task lists and project management software with multiple types of views available to fit your working style
Vitamin R Sets a timer for activities and blocks other apps until you are done.