



SELF CARE IS ESSENTIAL

Refueling Your Energy for Ministry

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Introduction

Over the years, there has been an increased focus on and attention given to the self care of clergy i.e. Pastors, Chaplains, Pastoral Counselors, Spiritual Advisors, etc. Self care remains a topic of discussion for clergy because far too many of us are ineffective at helping the people and communities we serve implement self care strategies, while we wrestle with trying to understand how self care should look in our own lives.

The purpose of this webinar is to help us garner a better understanding of what self care is and is not, how some religious traditions view self care, and ways to implement self care. Throughout the presentation, questions are welcomed. As a community of servants, we will strive to arrive at answers or generate additional questions that will help us fine tune what effective self care should look and feel like.

Define	Define ministry and self care
Distinguish	Distinguish the difference between self care and self indulgence
Recognize	Recognize why self care is essential
Assess	Assess self care needs and implement appropriate interventions that reflect a healthy work/life balance

Let's explore our understanding of two key concepts:

1. Ministry

2. Self Care



Defining Ministry and Self Care

- In "Ministry – Determining How I Serve", the writers take a look at expanding the reader's concept of ministry, thus the writers suggests:

Most of us think of ministry as the work done by pastors, missionaries, Christian conference speakers, or evangelist. We rarely think of work done by bankers, lawyers, engineers, or homemaker as ministry... We want to expand your vision of ministry so that you come to view all you do, regardless of your occupation, as what it can and ought to be- ministry that glorifies God and influences other people.

(<https://bible.org/seriespage/1-expanding-your-concept-ministry>)

Self Care is a board term that encompasses just about anything you do to be good to yourself... It's about knowing when your resources are running low and stepping back to replenish them rather than letting them all drain away.

(Hurst, Katherine. "What Is Self Care and Why Is It Important?" <http://www.thelawofattraction.com/self-care-tips/>)

WHY DO WE AVOID SELF CARE?

- We feel that self care is for everyone else but us
- We don't know what self care is or what it should look like for us
- We mistake self indulgence for self care
- Our understanding of being an effective servant is rooted in the act of serving others
- We are too busy to have fun

Why Self Care is Essential...

When we fail to take care of ourselves or do not really know what self care is we might find ourselves in predicaments where we practice a regular pattern of **restorative care**. Restorative care is what is needed after someone has over worked or over exerted him/herself to the point of **burnout** because the person did not implement self care. As a result, this person becomes physically ill, stressed, and/or depressed and must be nursed back to health, a stable place, before this person is able to return to work or other activities.

Self care helps us to avoid the need for restorative care. Some benefits of self care include better productivity, improved resistance to disease, enhanced self-esteem, increased self-knowledge, more to give, and the ability to assess one's own well being and implement self care measurements before becoming depleted and in need of restorative care.

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."



***SELF-CARE IS NOT
ABOUT SELF-
INDULGENCE, IT'S
ABOUT SELF-
PRESERVATION***

***~AUDRE LORDE, POET,
ESSAYIST, AND AUTHOR***

Self Care and Self Indulgence are NOT One & the Same.

Self Care	Self Indulgence
Includes activities that gratify the soul. They strengthen, nourish, replenish and/or develop who we are at the core. These activities help us to center ourselves with feelings of renewal. When we have experienced self care our souls utter, "Ah" while our outer appearance reflects rejuvenation.	Is when we fill our need for replenishing our soul with activities that distract us, but do not provide us with an internal/external feeling of renewal. Once we complete the activity, we find ourselves feeling just as drained or depleted as we did before the activity or distraction.

WHAT EXACTLY IS SELF CARE?

:

- It is the intentional practice of taking an active role in protecting one's own well-being and happiness
- Effective Self Care includes setting boundaries which help one attain autonomy over how he/she utilizes his/her time
- Helps one to have balance in life
- Calls for one to assess his/her well being on a regular basis
- Is the act of infusing time for fun into one's already busy work load
- Is the ammunition which creates the spark for us to complete all the task assigned to us
- Gives us permission to enjoy life as we live
- Reminds us that fun is not sanctioned to childhood, but appropriate at every age level

*We offer God the gift of
our time as we focus
on worship instead of
work, and self-care
instead of self-
importance*

Koppel, Michael. Open-Hearted Ministry: Play as Key to Pastoral Leaders. Fortress: Minneapolis, 2008. 85.



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Some Reasons Clergy Walk Away from Ministry...

- Over worked
- Feel inadequate
- Underpaid
- Feel Unprepared
- Feel like failures
- Suffer from depression
- Family neglect*
- Loneliness*
- Burnout*
- Conflict in church
- Change in calling
- Physical health
- Depression*

Expastors.com. "Why Do So Many Pastors Leave the Ministry? The Facts Will Shock You".
<http://www.expastors.com/why-do-so-many-pastors-leave-the-ministry-the-facts-will-shock-you/>.

Krejcir, Richard. "Statistics on Pastors: 2016 Update".
<http://www.churchleadership.org/apps/articles/default.asp?blogid=4545&view=post&articleid=Statistics-on-Pastors-2016-Update&link=1&fidKeywords=&fldAuthor=&fldTopic=0>

Lifeway Research. "Why Do Pastors Leave the Ministry?". <https://pastors.com/why-do-pastors-leave-the-ministry/>.

Peters, Tim. "10 Reasons Pastors Quit Too Soon." https://churchleaders.com/pastors/pastor-articles/163343-tim-peters_10_common_reasons_pastors_quit_too_soon.html.

Research Findings which Support the Need for Self-Care

Expastor.com 2015:

- Do you consider yourself lonely?
Yes (174 / 63%)
No (101 / 37%)
- Would you consider yourself having experienced burnout?
Yes (212 / 77%)
No (63 / 23%)

Expastors.com. "2015 Pastor Survey". <http://www.expastors.com/pastor-survey/>.

Dr. Richard Krejcir's "Statistics on Pastors: 2016 Update":

- 54% are overworked and 43% are overstressed 28% are spiritually undernourished and 9% are burnt-out
- 18% work more than 70 hours a week and face unreasonable challenges

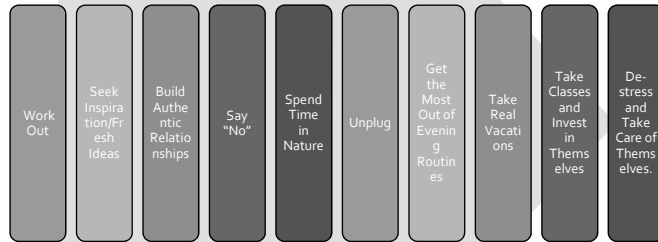
Krejcir, Richard. "Statistics on Pastor: 2016 Update". <http://www.churchleadership.org/apps/articles/default.asp?blogid=4545&view=posts&articleid=Statistics-on-Pastors-2016-Update&link=1&fldKeywords=&fldAuthor=&fldTopic=0>.

How Different Religions Approach Self Care

Jewish	Christianity	Muslim
<p>Cantor Susan Caro suggest in her article entitled "Self-Care Is Not Selfish" 7 examples of "being":</p> <ol style="list-style-type: none"> 1. Take time for thinking 2. Most of life exist in the gray 3. Look for God within the music and God looks for us inside the rests: letting the mind and heart be clear. 4. Nightly recap 5. Give it time. 6. Gratitude is most important for me in being present. 	<p>This blog helps to clarify the Christian perspective of selfcare using Jesus as a model for self care:</p> <ol style="list-style-type: none"> 1. We are called to be stewards. Self-care is all about being good stewards of our bodies, minds, and souls. 2. We can't give what we don't have. 3. Jesus retreated from others to rest or pray (see Mark1:9-13, Mark 1:35; Mark 6:30-32; Mark 6:45-46; Mark 14:32-42) 4. Jesus took time to 	<p>Muslims have gleaned 10 practical self-care tips from the Qur'an and Sunnah:</p> <ol style="list-style-type: none"> 1. Meditation & Reflection 2. Giving Back 3. Pray Salah 4. Portion Control 5. Call Out to God 6. Avoid Regrets 7. Take Care of Your Body 8. Count Your Blessings 9. Keep Good Company 10. Go Easy on Yourself <p>(www.patheos.com/blog/mostlymuslim/2017/)</p>

10 Ways Successful People Spend Their Time After Work

Gelb, Suzanne
(<https://www.themuse.com/advice/10-ways-successful-people-spend-their-time-after-work>)



Ways of implementing Self Care...

What will you do to implement self care? (Let's share!)

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Tools for Assessing and Implementing Self Care

Assess Self-Care:

- Pay attention to your mood when you feel vibrant and when you feel burnout
- Recognize what goes on inside and outside of you when you are approaching the burnout stage
- Begin to implement interventions from your self-care list to help you avoid burnout

Implement Self-Care:

- Set boundaries
- Say no
- Form circles of accountability which may include colleagues, friends, and family
- Schedule vacations
- Incorporate some form of physical activity into your daily routine at least 2-3 times a week
- Get adequate rest
- Eat a diet packed with vegetables, fruits, nuts*, and water (According to what is healthy for you if you have a medical condition(s)). **Follow all doctor's orders**



Creating a 411 Support List

It is always better to call out for help (**Dial 411**) rather than to call out because of an emergency (**Dial 911**). Our friends & colleagues serve a specific, unique purpose in our lives. While one friend may be a riot (easy to laugh with) that friend may not be the best person to share confidential matters with. You must know the character of the people within your circle of friends/colleagues. With that in mind, create a Support List with some of the following categories or ones you choose:

- Good Times
- Serious Matters
- Laughter
- Confidant
- Intercessory Prayer
- Accountability
- Candid
- Cry/Complain
- Compassionate/Reassuring

Beneath the categories you place on your list, put the name of the person and the best way to reach him/her. You want to keep this list handy (place a copy in your work bag, office, and/or nightstand). Use it often to help you avoid burnout and depression.

411 Support List

Good Times	Serious Matters	Intercessory Prayer	Accountability	Compassionate/ Reassuring
D. Ballard 402-555-5555 fun@gtimes.com	Sister Joyce 202-777-7177 caring@gtimes.com	Chaplain L 888-999-9999 Chap@gtimes.com	Billy Love 415-455-5566 trust@gtimes.com	Kelly 110-000-0000 SpecialK@gtimes.com

QUESTIONS/FEEDBACK

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