

Self-Care is Essential: Refueling Your Energy for Ministry

Below, you will find reading material pertaining to self-care:

1. Krejcir, Dr. 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&fldKeywords=&fldAuthor=&fldTopic=0>.
2. Penn, Charli, “Happy Talk,” *Essence*. 1 July/August 2018: 128-135.
3. Rubin, Gretchen. “7 Types of Loneliness, and Why It Matters”.
<https://www.psychologytoday.com/us/blog/the-happiness-project/2017/7-types-loneliness-and-why-it-matters>.
4. Smith, Melinda, et al., “Burnout Prevention and Treatment”.
<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>.
5. Zikl, Danielle. “6 Benefits of Spinning That’s Convince You to Sign Up: Every Class Offers More Than Just a Good Workout”.
<https://www.bicycling.com/training/a23459941/benefits-of-spinning>.