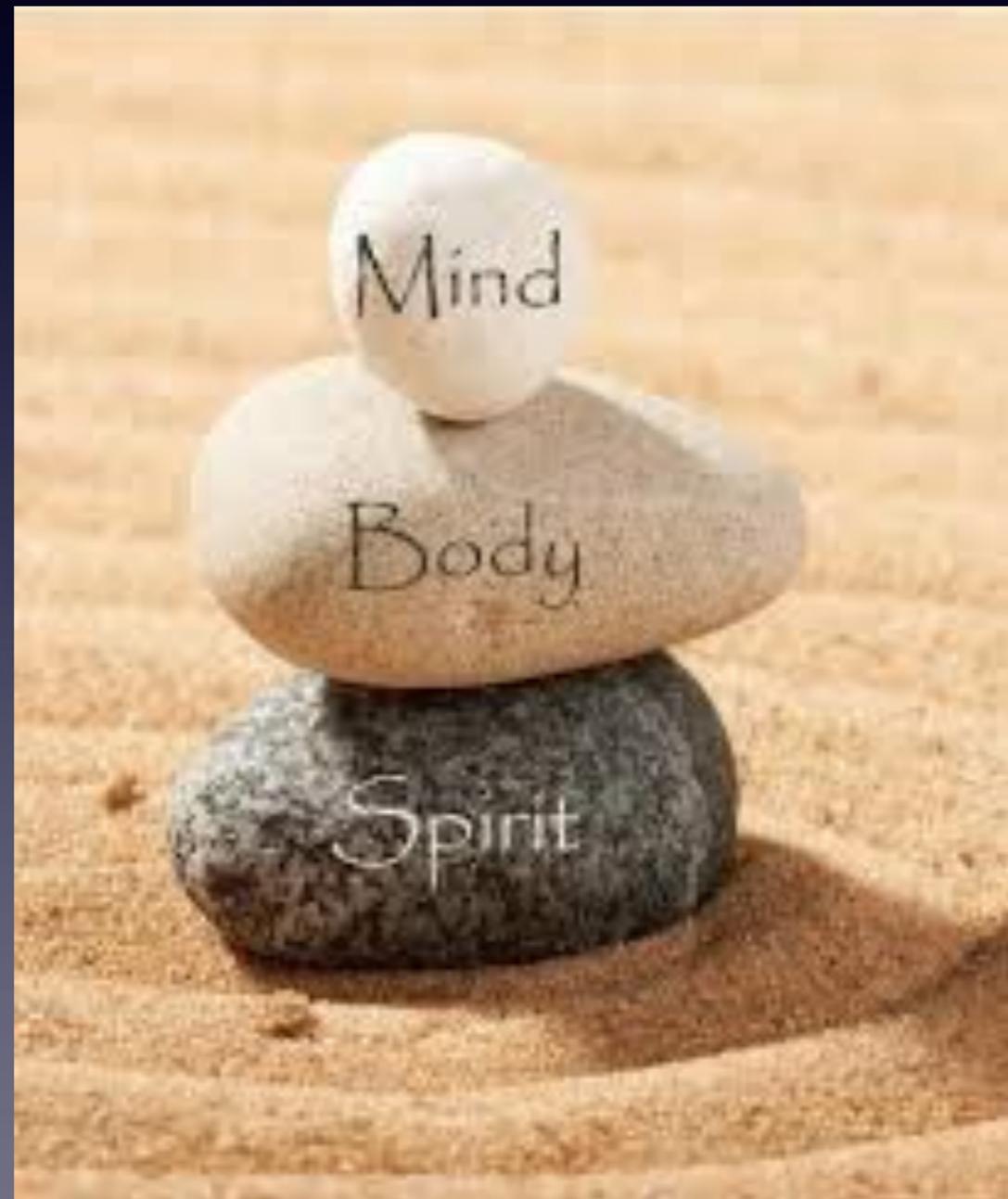


The Art of Self Care

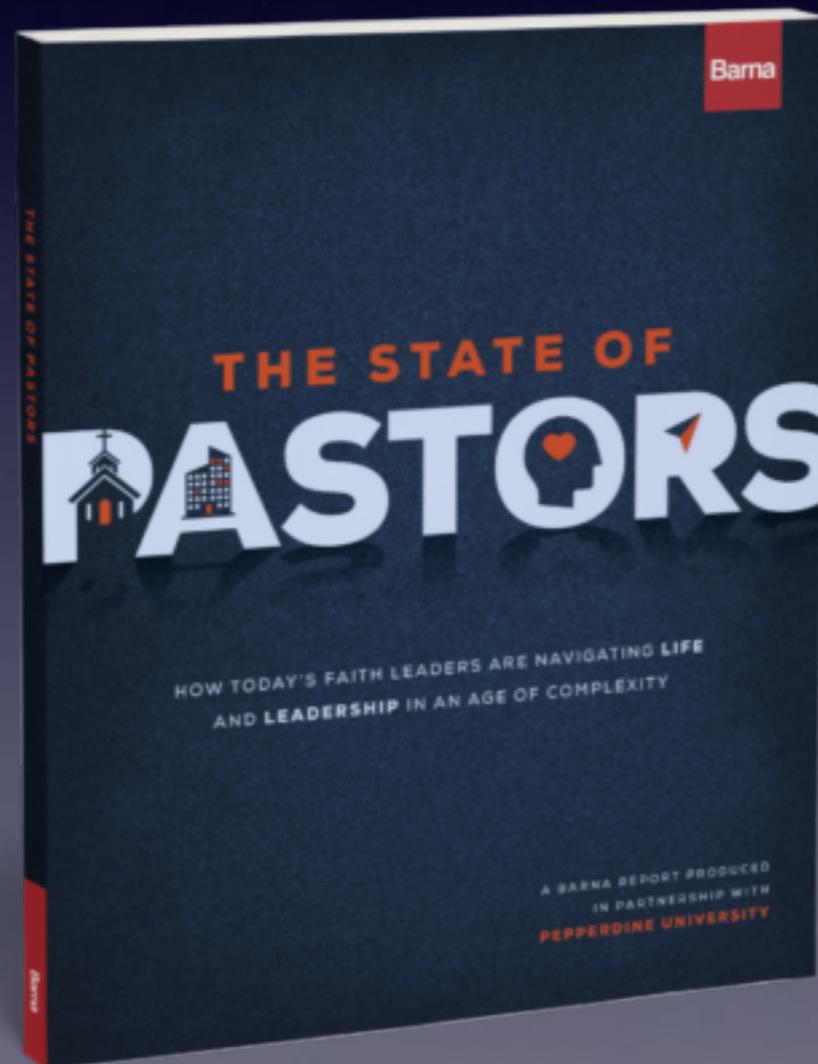


Clergy Burnout by the Numbers

“Members of the Clergy now suffer from obesity, hypertension and depression at rates higher than most Americans. In the last decade, their use of antidepressants has risen, while their life expectancy has fallen. Many would change jobs if they could.”

New York Times – August 2010

The Myth of the Unhealthy Pastor



“Being a pastor is much more difficult than it used to be,” said Bloom. “I think the ecosystem is not as conducive to flourishing: the demands are higher, the support systems are not as strong. As churches have seen their membership rolls drop, they have responded in ways that have sometimes been very detrimental to the well-being of clergy.”



Burnout and Compassion Fatigue

Compassion Fatigue-“A state of tension and preoccupation with the individual or cumulative trauma of clients as manifested in one or more ways

- **Burnout**-cumulative stress that develops into a state of physical, emotional, and mental exhaustion caused by depletion of resources to cope – any kind of work

What's Going On?

Clergy are lone rangers, going at their calling in the midst of deep loneliness and isolation. Few have real friends. They have little or no authentic community outside of work.

Clergy are tired. No, make that exhausted. That exhaustion is mental, physical and spiritual. They have over-functioned or are depressed and thus “out of gas.”

Bill Wilson, president of the Center for Congregational Health November 10, 2011

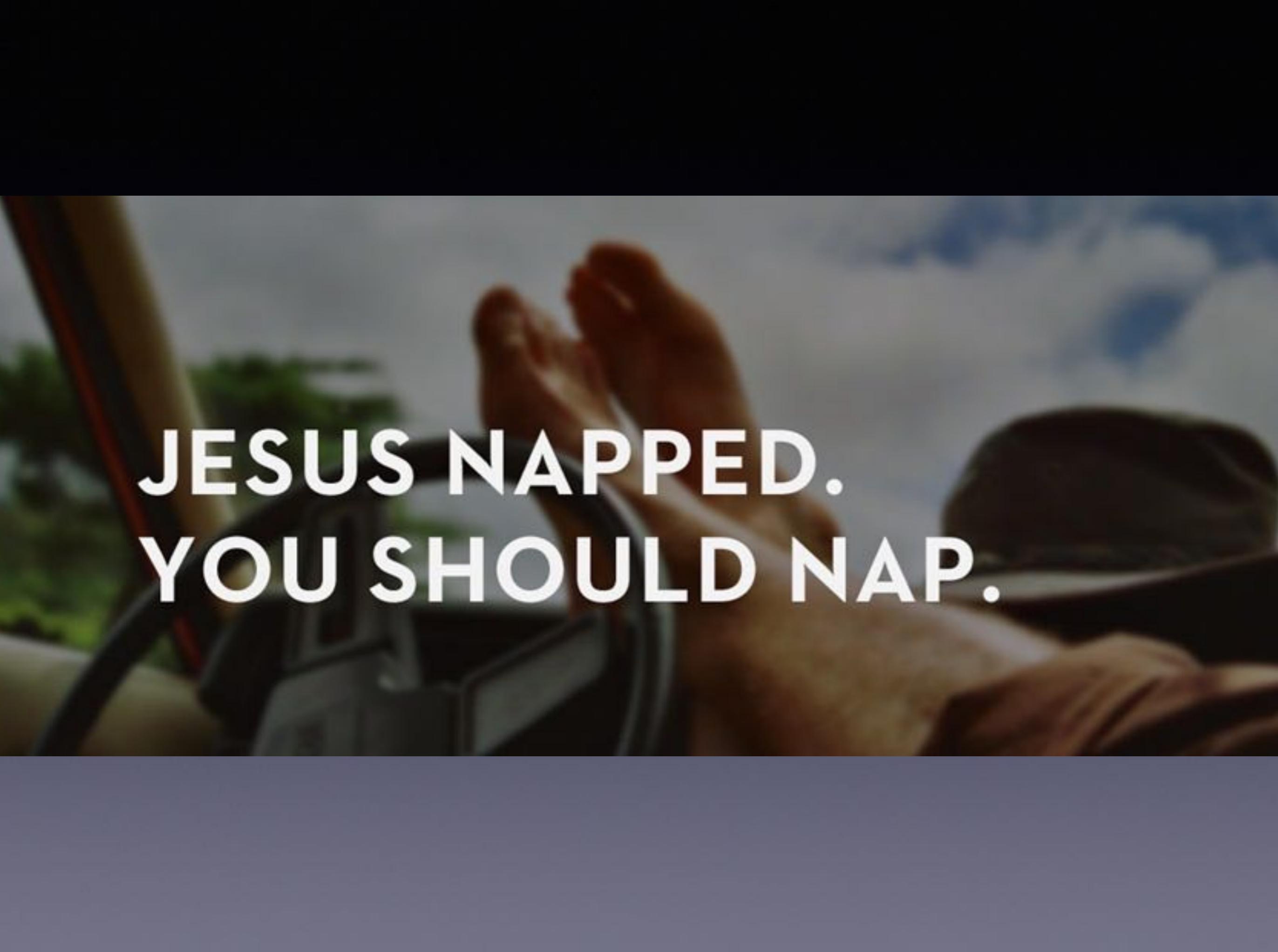
“Do you not know that your body is a temple (or sanctuary) of the Holy Spirit within you, which you have from God, and that you are not your own?”

-1 Corinthians 6:19

TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.

Video: 23.5 Hr Day

link: <https://www.youtube.com/watch?v=3F5Sly9JQao>

A photograph of a person napping in the driver's seat of a car. Their feet are propped up on the dashboard, and they are wearing a dark cap. The background shows a blurred view of trees and a blue sky with clouds. The image is overlaid with a semi-transparent dark grey rectangle containing white text.

**JESUS NAPPED.
YOU SHOULD NAP.**

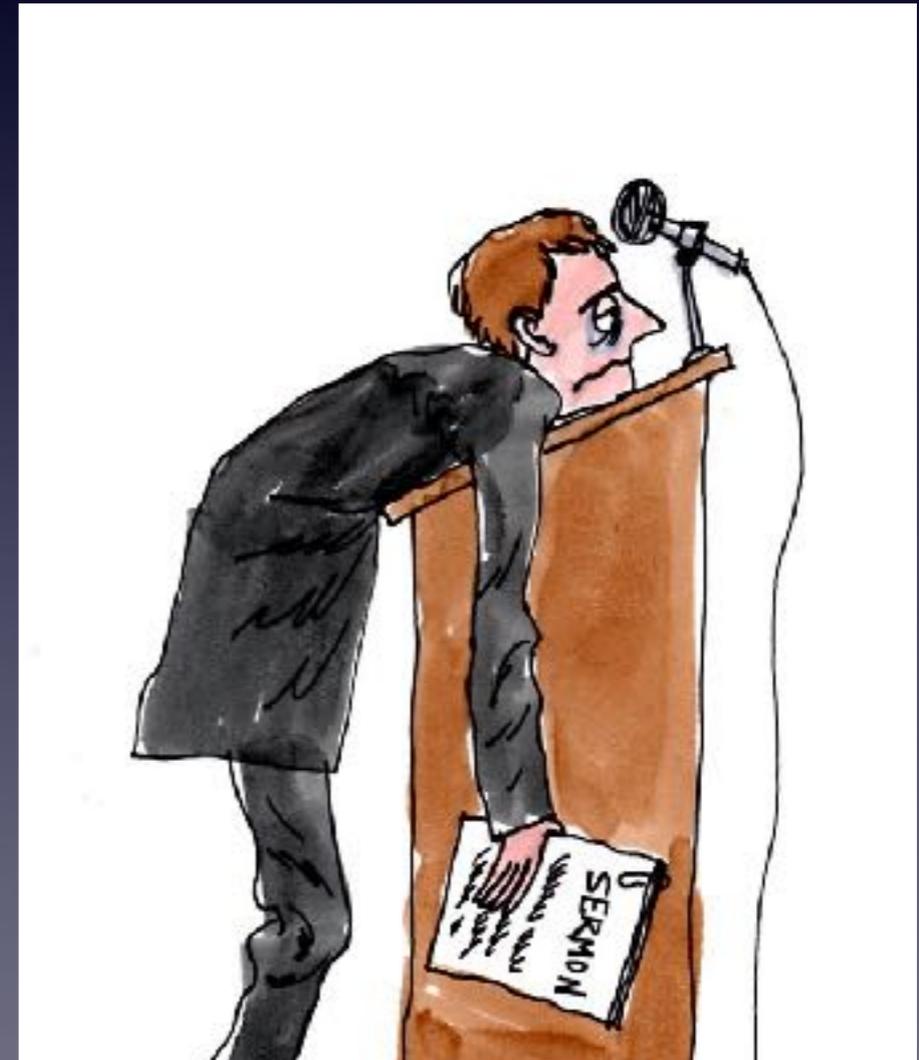
Caring for the Mind



“I get up at seven, yeah
And I go to work at nine
I got no time for livin'
Yes, I'm workin' all the time”

–Rush- *Working man*

How many hours must a pastor work each week to satisfy the congregation?



Don't Work so Much...

Recent studies have recently shown that there is a point where working more than 55 hours actually decreases productivity, creativity and output.

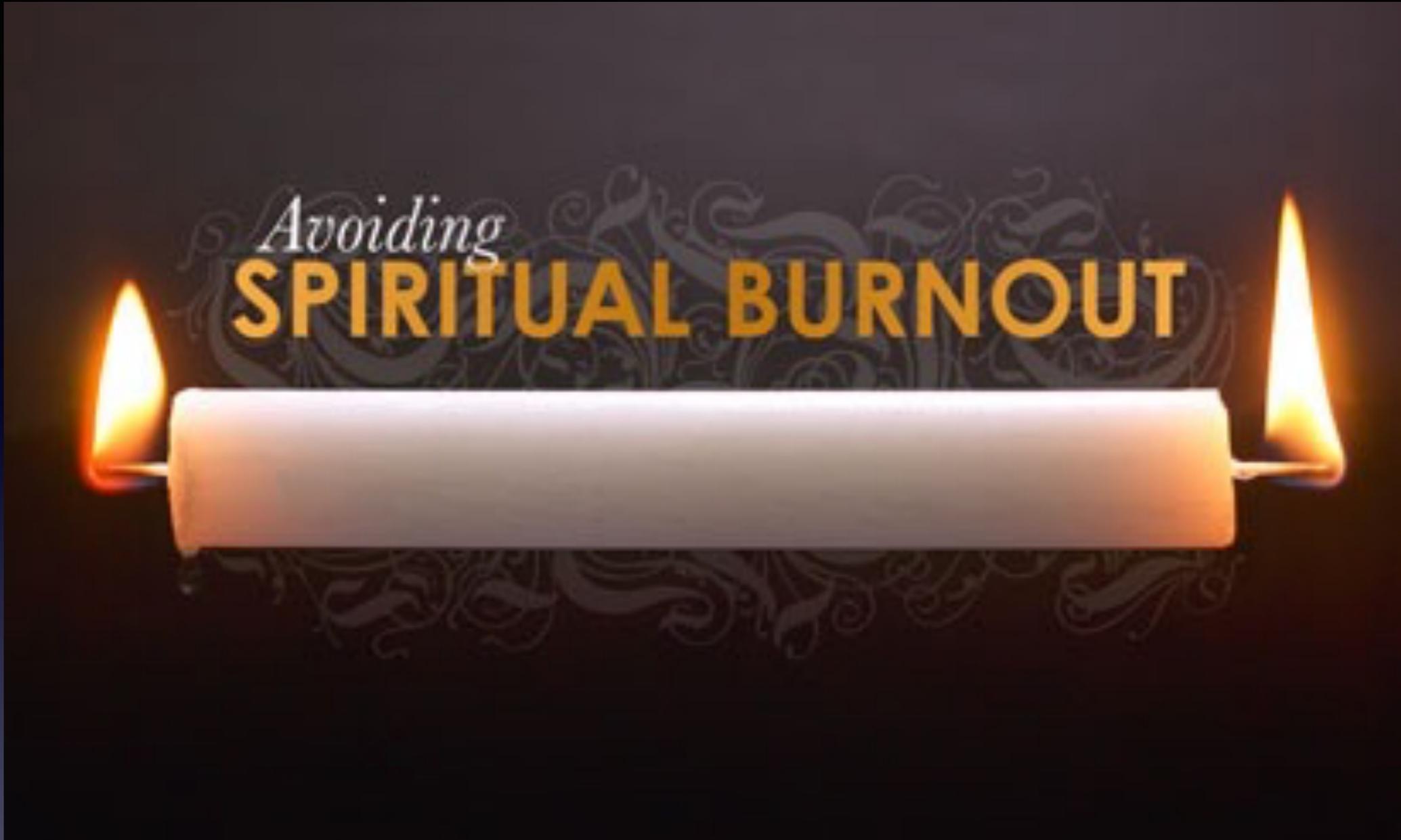
Memo to work martyrs: Long hours make you less productive

Bob Sullivan | @RedTapeChron

Monday, 26 Jan 2015 | 9:39 AM ET



Zero Creatives | Getty Images



Caring for Our Spirit

“The most important thing a pastor does is stand in a pulpit every Sunday and say, 'Let us worship God.' If that ceases to be the primary thing I do in terms of my energy, my imagination, and the way I structure my life, then I no longer function as a pastor.

Eugene H. Peterson

Symptoms - Spiritual

- Questioning spirituality, religion, God
- Questioning meaning of life, meaning, purpose
- Shattered Assumptions/Cynicism
 - Life has no meaning
 - World is not benevolent
 - Bad things happen all the time
 - No Power to change things
 - There is no HOPE

What Next?

“When you say ‘self-care’ you are putting most, if not all, of the burden on the pastor, on the individual, rather than saying, ‘We all bear responsibility for each other’s well-being.’ The reason that pastors may become less adaptable is sometimes because their well-being is diminished, sometimes it is because their identity is rigid, and sometimes it is because they are in a context that simply will not allow them to change.”

-Amy Frykholm, The Christian Century

A Self-Care Strategy

1. Take stock - What's on your plate?
2. Find Time For Yourself Everyday
3. Delegate - Use Help at Home and At Work
4. Have a Transition From Work To Home
5. Learn To Say No (and Yes) More Often
6. Learn to Recognize Compassion Fatigue
7. Accountability- Join a Peer Group

8. Professional Development Workshops
9. Preserve Family Time
10. Protect Privacy/Maintain Boundaries
11. Physical Exercise, Nutrition and Sleep
12. Practice Sabbath Rest
13. Practice Religious and Spiritual Disciplines
14. Make us of Clergy Retreat Resources
15. Seek help BEFORE you hit the bottom

“Your ideas and
practices.....?”



GO
IN
PEACE