

10 Self-Care Strategies

Reflect on each of these strategies and score yourself 1-10 based on how well you have actually addressed this area in the last 12 months. *Select two high priority items. Reflect on practical strategies which would work for you and share these with the group. Diary the strategies and share the dates for action with the group, arrange a time for accountability with someone and how you will do this.*

1	Ongoing spiritual formation	Practising the spiritual disciplines that keep me spiritually fresh and alive. (These are often personality based). Ensuring there is some spiritual margin i.e. a supply store of spiritual and emotional fuel for times of unexpected call on reserves. Deepening my sense of call, partnership with God, and attachment to God.	
2	Occasional regular detachment from ministry - Sabbath Rhythms	Disengaging on a regular pattern from ministry, work activities and responsibilities. Do I get out of role, out of town, out of ministry, from time to time? This is vitally important for a sense of personhood. Regular time out for rest, renewal and recreation. Practising daily, weekly, monthly, seasonal, annual and life phase 'sabbath' rhythms.*	
3	Support system	Cultivating supportive and accountable relationships with a soul mate (spouse or friend), peers (insiders and outsiders), and a mentor, supervisor or spiritual director.*	
4	Ministry - Family Family - Ministry Balance and impact	Balancing the level of impact ministry has on home life and family and also the impact of family commitments on ministry is a critical task. This needs to be adjusted through key family life phases.	
5	Physical health	Working on maintaining physical health. Am I getting enough and the right kinds of nutrition, exercise and rest / recreation. Again these are individual based on our genetic make-up and auto-immune system?	
6	Psychological health	Having a periodic counselling tune up. Ministry exposes us to a surprising range of situations, crises and emotional pressures. Can I let go of emotional baggage from interactions with others? A psychological tune up with a counsellor or supervisor can save a leader from burnout.	
7	Priority management	Planning and managing priorities and projects is a constant challenge for people in ministry - there is always more to be done than resources permit. Do I allocate enough time, energy, money and resources to the right activities at the right time?	
8	Relationship clarity: Communication, conflict resolution, delegation.	Many issues in ministry develop from a lack of clear communication and from poor conflict resolution skills. Do I and others around me know my strengths and weaknesses in leadership, communication, conflict and stress management. Are these 'up front' and owned by me and my team.	
9	Laughter and fun	All of us need to release energy through laughter and fun. How much genuine unwinding fun do I have?	
10	Monitor life, marriage, ministry phase developments	We each travel through important phases of spiritual development, marriage and family life, leadership and ministry formation. Phase shifts create significant change and pressure on families, health, and lifestyle. Am I consciously monitoring my own stages and phases?*	

Two areas to work on:

A			
B			