

Ministry Leaders Self-Care Assessment

Life Pillars – Spiritual, Physical, Psychological, Emotional, Relational

This assessment provides an overview of effective strategies in each life pillar to practice self-care productively.

Use the scale below to assess yourself in terms of frequency:

5 = Regularly, 4 = Occasionally, 3 = Not Very Often, 2 = Never, 1 = It never occurred to me

Spiritual

- Read Bible daily
- Daily time in prayer
- Read daily devotional
- Journal insight from Bible, devotional reading, reflections on the day
- Church involvement (more than just attending or working at the church)
- Listen to gospel centered messages/music (podcasts, radio, etc)
- Serve and encourage others
- Start your day with a time of praise and prayer
- End your day with a time of praise and thanksgiving
- Bible study (dig deep)
- Invest time in growing as a disciple
- Join/form a small group where you can share, pray, learn, invest
- Make time for yourself and be proactive in using that time for restoration and healing

Physical

- Eat regularly (e.g. breakfast, lunch and dinner)
- Eat healthy
- Exercise (A 30 minute walk three times a week is a great place to start)
- Get regular medical care for prevention and when needed
- Take your vacation time and truly get away from work during that time
- Dance, swim, walk, run, play sports or do some other physical activity that is fun
- Get enough sleep every night (Sleep deprivation is a huge risk factor for stress/anxiety)
- Take time off – daily retreats, day trips or mini-vacations
- Set boundaries for time away from telephones/email/technology
- Make time for yourself and be proactive in using that time for restoration and healing

Emotional

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Practice productive self talk – filter negative scripts through truth.
- Re-read favorite books, review favorite movies
- Revisit comforting activities, objects, people, relationships, places
- Allow yourself to cry
- Find things that make you laugh
- Make time for yourself and be proactive in using that time for restoration and healing

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Psychological

- Make time for self-reflection but don't stare at the past – just glance and then move forward
- Write in a journal
- Read literature that is unrelated to work
- Do something at which you are not expert or in charge
- Engage your intelligence in a new area - art museum, history exhibit, sports event, auction, theater
- Practice receiving from others
- Start and continue a list of “Thankful/Grateful for” items/people
- Say “no” to extra responsibilities/activities
- Make time for yourself and be proactive in using that time for restoration and healing

Relational

- Develop friendships that allow you to be yourself
- Share and spend time with your spouse – schedule regular dates
- Share and spend time with your children
- Spend time in social settings
- Take time to talk with co-workers/friends
- Develop a network of close friends that you can reach out to in a time of need
- Set boundaries with your members/clients and colleagues
- Call, check on, or see my relatives
- Have a peer support group
- Stay in contact with longtime friends
- Make time to reply to personal emails and letters; send encouraging cards/notes
- Allow others to do things for me
- Ask for help when I need it
- Make time for yourself and be proactive in using that time for restoration and healing

- If you have more items assessed at a 3 or below then you need to focus on productive self-care.
- Choose one item from each pillar and begin to actively work on improvement in that area.
- Enlist someone to keep you accountable.
- Repeat assessment in 3 months to evaluate your progress.

You must be intentional and schedule/plan for self-care.

**TAKING
CARE
of
YOU!**

 **LifeRecovered**