BEYOND CHOCOLATES AND BATH SALTS – SELF CARE FOR PASTORS

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STRESS – NORMAL PART OF LIFE
WHAT DO WE DO? HOW DO WE REACT?

- Increased cholesterol and fatty acids in blood for energy production systems
- Increased blood pressure
- Localized inflammation (redness, swelling, heat and pain)
- Increased production of blood sugar for energy
- Decreased protein synthesis; intestinal movement (digestion); immune and allergic response systems
- Increased metabolism; e.g., faster heartbeat, faster respiration
- Faster blood clotting
- Increased stomach acids
WHAT CAUSE HAPPENS FOR YOU?

• Top causes of stress:
  • Job performance expectations and pressure as it relates to ongoing changes as pandemic started and has continued
  • Money
  • Health both actual and anticipated
  • Relationships
  • Poor Nutrition
  • Sleep deprivation or excess sleep
  • Lack of exercise
THE GUILT

• Not what I could have
• Not what I should have
• Not what I would have
So let’s take a moment and see where you are? How is the stress effecting you? What is going on your life now?
LIFE IS ALWAYS A BALANCE
HOW DO WE BALANCE ALL WE ARE OR HAVE IN LIFE THAT HAS NOW CHANGED?

- Work
- Relationships
- Roles
- Space
- Time
- Self
TAKING STOCK OF THE CURRENT SITUATION
AFTER TAKING STOCK WHAT ONE PIECE CAN MAKE THE DIFFERENCE IN ALLOWING YOU TO LIVE IN LIFE ABUNDANTLY – TAKE A MOMENT
Can it be …

• Taking a break – 20/20 rule with the computer ---

• Planning the use of technology with church – is there someone other than the pastor doing it?
CAN IT BE ARRANGING TIME AND SPACE..

• Hours – being realistic with hours worked and days off
• Establishing a work pattern at home and at church which is realistic for you and your family
• Taking breaks for food, stretching and walking
• Adapting physical space as you transition
• Triaging and prioritizing – what as the pandemic changes with vaccines and reopens what can be done and by whom
CAN IT BE – CARING FOR YOUR BODY
CAN IT BE... DOING AN ACTIVITY THAT BRINGS YOU JOY

SPORTS AND HOBBIES
CAN IT BE ... AN ACTIVITY THAT MAKES YOU FEEL ACCOMPLISHED
CAN IT BE ... CONNECTING WITH FRIENDS
SO FOR YOU WHAT WOULD BE REST FOR YOUR WEARY SOUL...

• What did you hear today..
  • That you might enhance that you already do..
  • That you might try to do..
  • That you might ponder about doing..
  • That you are reminded that you did once and want to rediscover..
  • That you want to explore.