



# The Glory of God is Man Fully Alive

Kimberly D'Alterio, MA, LGPC

NOTE: Text in *RED* reflects discussion that occurred during large-group sharing. All other text is original to Kimberly D'Alterio, unless attributed otherwise.



# *Opening Prayer*

- ▶ Led by Becki Kaman & Adam Smyth
  - ▶ Guided Meditation & song: "How Beautiful"
- 



# Self Care: a necessary and indispensable means to minister

## Goals for reflection

### ❖ Introductions

1. Self care- what it is and what it is not
2. Reflect on the role of self-care in your life and ministry
3. Discuss with one another current obstacles (both internal and external) to implementing self care in your life
4. Discuss with one another your growing edges
5. Create a plan to add more self care self and to create accountability

### ❖ Final reflections and thoughts



# Introductions, etc...

- ▶ Thank you for all you do as youth ministers!!!
- ▶ Children and youth are a vulnerable population, so your ministry is a gift.
- ▶ A temptation in ministry: If we feel the need to sacrifice at all times, we will become empty vessels, yes, but then we start to crack and we have nothing left to give.
- ▶ Self-care is not an add-on, but a necessity!
- ▶ If you are not taking care of yourself, you are risking the health of those you work with.
- ▶ It often takes other people noticing your energy depletion and behavior changes to make you realize you are not doing self-care well.
- ▶ When she had this realization about herself, Kimberly gradually added in:
  - ▶ Setting a bedtime
  - ▶ Building a workout schedule
  - ▶ Socializing
  - ▶ Personal counseling



# Self-Care when caring for others

- ▶ What do you think of when you first hear self care?
- ▶ Why is it important?
- ▶ Recall: Human Formation is one of the 4 Pillars of lay ecclesial ministers
- ▶ Self care- "Basically, self-care is any activity that you do voluntarily which helps you maintain your physical, mental or emotional health. It can help you feel healthy, relaxed and ready to take on your work and responsibilities." ReachOut.com



# Recall: Coworkers in the Vineyard

## ➤ **Human Formation**

*GOAL: Human formation seeks to develop the lay ecclesial minister's human qualities and character, fostering a healthy and well-balanced personality, for the sake of both personal growth and ministerial service.*

Elements of Human Formation:

- Human formation, meant to lead lay ecclesial ministers toward greater maturity as adults and as ministers of the Church, includes the following:
- *A basic understanding of self and others* that can help lay ecclesial ministers relate more authentically with God and others



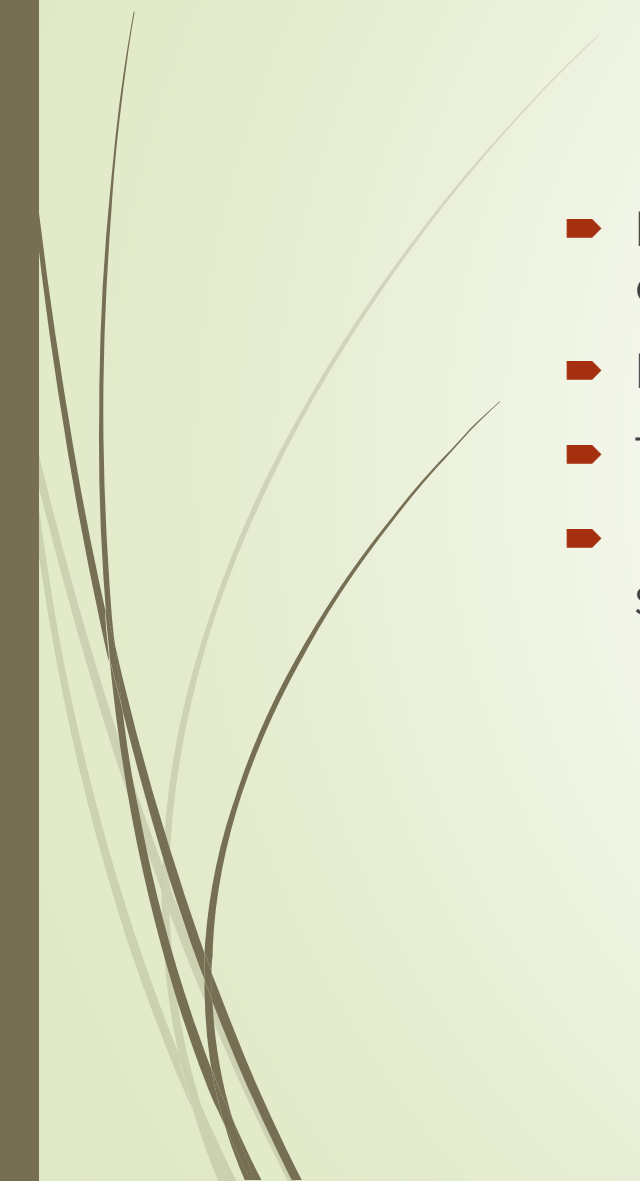


# Coworkers in the Vineyard – Continued

- ▶ *Psychological health*, marked by integrity, appropriate interpersonal boundaries, and the ability to honor and safeguard the trust that people place in them as Church ministers
- ▶ *A mature sexuality*, which cultivates the expression of chastity appropriate to their state of life, understands and respects appropriate sexual boundaries, and recognizes the grave psychological and legal consequences of inappropriate sexual behavior, including harassment and abuse
- ▶ *Physical health*, including an overall balance in one's life and ministry marked by practices of wellness
- ▶ *Knowledge of one's personal gifts and special charisms* and their relationship to particular ministries



# Reflection 1

- ▶ Personal self care inventory: reflect and jot down what you are already doing
  - ▶ Break into groups and share about:
  - ▶ The role of self care in your life now in your profession/ministry
  - ▶ How do you feel you are doing with self care? (Physical, emotional, spiritual)
- 





# *Insights from Reflection #1*

- ▶ *Where and when do you worship?*
- ▶ *Very little of what we do in ministry is urgently life-or-death, learn to tell what's what and gain perspective on your role*
- ▶ *Boundaries – texting/phone curfews and expectations*
- ▶ *Take your sick and vacation time!*
- ▶ *Netflix, etc., is okay so long as it is rejuvenating, but not healthy if it interferes with your functioning and becomes a way to escape/avoid rather than refresh.*
- ▶ *Different states of life may make this look a little different, but accountability (spouse, roommates, community) is helpful regardless. BUT it is ultimately YOUR responsibility. It comes down to intentional decisions your make for yourself.*



# Reflection 2

- ▶ What are the obstacles to Implementing self care? Discuss with others
- Internal factors: beliefs about self-care and the work of ministry and caring for others-

How do you justify caring for yourself when your job is to care for others?

- External factors: ministry demands: odd working hours, excessive availability, boundaries and roles, growing in assertiveness (how do you know when to say no, how do you know when you hit your limit),



# *Insights from Reflection #2*

- ▶ *3 options in an impossible situation:*
  - ▶ *Accept status quo (not healthy)*
  - ▶ *Change your goal*
  - ▶ *Leave*
- ▶ *You teach people how to treat you!*
  - ▶ *We have taught our parishes that they can get away with running ministries at 1% tithe.*
  - ▶ *If we withhold reimbursement requests or work vastly over our job description, this is a dishonest representation of what it takes to make things run.*
- ▶ *You won't be given what you deserve, but what you advocate for.*



# Reflection 3

- Individually, return to the self care wheel. Pick one area where you could add a self care activity. Write it in.
- ❖ Keep in mind, goals need to be measurable, doable, and objective. Do not say you're going to do something every day – that is the "kiss of death" when it comes to setting goals.
- ❖ Also, pick something you actually WANT to do and think you would enjoy.  
Some examples include:
  - ✓ Physical: walking, running, yoga, intramurals, sleep habits, etc
  - ✓ Emotional/Social: journaling, counseling, peer support groups, time with friends
  - ✓ Spiritual: gratitude, keeping a Sabbath, personal prayer, laughter, meditation, reviewing and receiving affirmations, lightening up (Our Sunday Visitor)




# Reflection 3 Continued

- ▶ Break into your groups and share what you will try and implement. If you feel comfortable or inspired to do so, ask for help with accountability.
- ▶ Remember- be flexible, open to new things, and open to experimenting
- ▶ Final reflections



THANK YOU!



*Sometimes the most important thing in a whole day is the rest we take between two deep breaths." -Ettv Hillesum*

