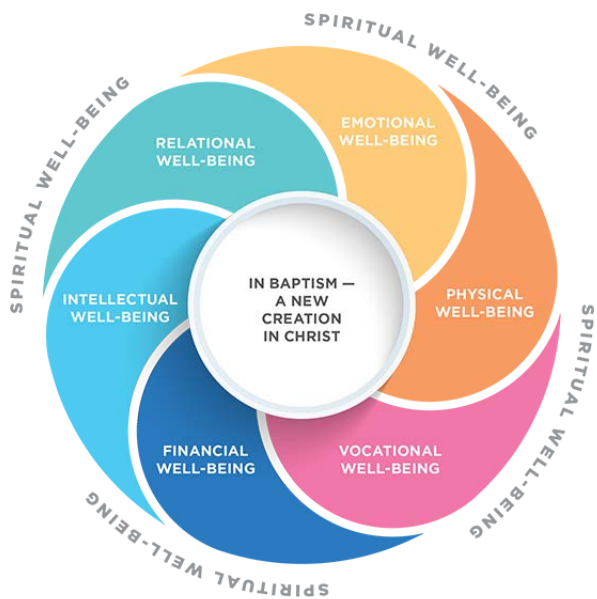


# SED CHURCH WORKER SELF-CARE ASSESSMENT

This assessment was created by Stacey Tasler Crosson, DCE, LMFT and designed around the Lutheran Wellness Wheel.

A special thank you to the University of Buffalo's School of Social Work's presentation "Developing Your Self-Care Plan" by Dr. Lisa Butler which inspired this assessment for church workers. The graphic below is used by permission from Concordia Plan Services.

A retired, ninety-year-old pastor once told a room of church workers, "You do the Church a great service when you make self-care a priority." Worker Wellness serves the church. How?



**Relationships:** Healthy workers disciple healthy leaders and shape healthy congregations.

**Readiness:** When Church workers and their families are healthy, they move out confidently in the direction the Lord is leading them.

**Retention:** Healthy workers stay committed to the mission and ministry of the Church.

**Recruitment:** Younger generations see the joy ministry brings and desire to follow in the footsteps of healthy workers as they discern their vocational calling.

The purpose of this worksheet is for you to reflect upon your current wellness practices and create a vision and plan for greater personal wellness. As you work through these pages, please keep a few things in mind. There is no judgment or shame. The questions are suggestive, not exhaustive, so have fun with it! Add to any areas that are more relevant for you. Be open to considering new ways of living out wellness. Look for patterns. Listen to the Holy Spirit. Make note of what you learn and what you hear.

As you consider the areas that make up your personal wellness, please pause for a moment to thank God:

*"Thank you, Heavenly Father, for creating me and giving me a body, mind, soul, and loving relationships. Thank you that in baptism, I am a new creation in Christ. May your Holy Spirit create in me a deeper awareness of myself. Show me the areas in my life that are functioning well and the areas that need more attention. In the name of Jesus Christ, Amen."*

# SELF-CARE ASSESSMENT

Rate the following areas according to how well you are doing:

←???

-----0-----1-----2-----3-----→

This never occurred to me      I never do this      I rarely do this      I do this occasionally      I do this frequently

## SPIRITUAL SELF CARE

- |   |  |
|---|--|
| <input type="checkbox"/> Make time to read and study Scripture    | <input type="checkbox"/> Schedule time for regular sabbath and rest            |
| <input type="checkbox"/> Spend time in nature and creation        | <input type="checkbox"/> Detach from worldly things; unplug from devices       |
| <input type="checkbox"/> Be open to inspiration and gratitude     | <input type="checkbox"/> Listen to sacred music                                |
| <input type="checkbox"/> Be open to the mystery of the Triune God | <input type="checkbox"/> Try at times not to be in charge or the expert        |
| <input type="checkbox"/> Pray alone and with others regularly     | <input type="checkbox"/> Sing or dance or create art                           |
| <input type="checkbox"/> Read daily devotions                     | <input type="checkbox"/> Confess sins to pastor or spiritual companion         |
| <input type="checkbox"/> Invest in sacred community               | <input type="checkbox"/> Receive absolution from pastor or spiritual companion |

## RELATIONAL SELF CARE

- Schedule regular dates with my spouse
- Schedule regular activities with my children
- Spend time with friends
- Call, check in, or see my relatives
- Spend time with my pets
- Maintain healthy boundaries with others
- Allow others to do for me
- Grow my social circle & connections
- Ask for help when I need it
- Connect with coworkers outside the office
- Share fears and hopes with someone I trust
- Other:

## FINANCIAL SELF CARE

- Aware of thoughts/behaviors/management of money
- Give finances the care and attention they need
- Prioritize tithing and giving to charity
- Prioritize savings
- Negotiate for my needs (benefits, pay, time-off)
- Live within my means
- Dedicate money to fun and relaxation
- Let go of judgement and comparison on \$ matters
- Talk regularly with spouse on financial matters
- Seek help when money matters become distressing
- Create \$ goals and regularly evaluate progress
- Other:

## EMOTIONAL SELF CARE

- Spend time with family and others who I enjoy
- Stay in contact with important people in my life
- Give myself affirmations and praise
- Spend intentional time alone
- Read favorite books, watch favorite movies
- Seek out comforting activities/people/objects/places
- Experience things that make me laugh
- Express feelings on social issues and injustices
- Talk with a therapist/coach when the need arises
- Confess your shortcomings to a trusted friend
- Take day trips away from work and home
- Other:

## VOCATIONAL SELF CARE

- Take regular breaks during the workday
- Create annual professional goals and objectives
- Complete projects/tasks that are inspiring/rewarding
- Set healthy boundaries with church members
- Balance daily workload
- Seek regular supervision or consultation
- Develop a healthy work life / home life rhythm
- Dedicate time for peer support and encouragement
- Develop a non-professional interest or hobby
- Regularly listen for God's leading in my vocation
- Volunteer outside your vocational calling and church
- Other:

## PHYSICAL SELF CARE

- Eat regular and healthy meals
- Get enough sleep
- Exercise regularly
- Schedule and attend annual physical exams
- Seek medical care when needed
- Take time off when sick
- Invest in relaxation (massages, mindfulness)
- Engage fun physical activities
- Take time to be sexual
- Visit the dentist regularly
- Schedule and take regular vacations
- Plan and take annual vacations
- Other:

## INTELLECTUAL SELF CARE

- Read literature that is unrelated to work
- Do something at which I am not expert or in charge
- Engage my intelligence in a new area or hobby
- Be curious on a regular basis
- Take day trips or mini-vacations
- Schedule time to unplug from technology
- Write in a journal, schedule time for inner reflection
- Attend to minimize stress in my life
- Spend time w/ others who challenge me intellectually
- Set continuing education goals, and reach them
- Research a topic of interest and present on it
- Relax the brain - take mental health days as needed
- Other:

## Maintenance Self-Care Plan

Review your completed assessment. On this worksheet, list practices you engage in frequently under “current practices” and identify one new practice you could incorporate into your maintenance self-care. List your barriers and coping strategies in the spaces that follow.

Area of Wellness Wheel	Current Practices	New Practice
SPIRITUAL		
RELATIONAL		
EMOTIONAL		
PHYSICAL		
FINANCIAL		
VOCATIONAL		
INTELLECTUAL		
Which area above especially needs attention right now? Circle it and start with the new practice in that area.		
What are my barriers to maintaining my self-care practices?		
What healthy coping strategies can I utilize to address these barriers?		

*Adapted from My Maintenance Self-Care Worksheet prepared by Shirley Reiser, LCSW and Lisa D. Butler, PhD*

## Emergency Self-Care Plan

When a crisis occurs in your life or ministry gets tough and overwhelming, it's a wise person who has an emergency self-care plan in place. *As Proverbs 29:18 says "Where there is no vision, the people perish."*

WHAT TO DO	
What helps me relax?	
What do I like to do when I'm in a good mood?	<i>List things you like to do so you remember what they are when you need to think of something to do.</i>
What can I do that will help me get through the day?	
Who can I contact for support and distraction?	Who to call when I am feeling depressed and anxious: _____ Who to call when I am lonely: _____ Who will come over to be with me if I need company: _____ Who will listen: _____ Who will encourage me to get out of the house and have fun: _____ Who will remind me of my self-care plan: _____
WHAT TO REMEMBER	
Make a list of God's promises to say to yourself when you are going through a hard time.	<i>For example: <b>Isaiah 43:2</b> "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, You will not be burned; the flames will not set you ablaze."</i>  <b>1 Cor 12:27</b> "Now you are the body of Christ, and each one of you is a part of it."
Change your thinking: Based on God's promises, what is the truth?  <i>As Paul says in 2 Cor 10:5 "We take every thought to make it obedient to Christ."</i>	<i>For example: During a crisis you might think "I feel so alone. No one cares. I have no one to turn to." Is this really true? Does God really say this? No, God promises me that "I am never alone, He is with me. And I am part of the body of Christ."</i>
WHAT TO AVOID	
What behaviors or practices should I avoid when I'm in crisis?	
Who should I avoid when I'm in crisis?	

Adapted from *My Emergency Self-Care Worksheet* prepared by Elaine S. Rinfrette, LCSW-R