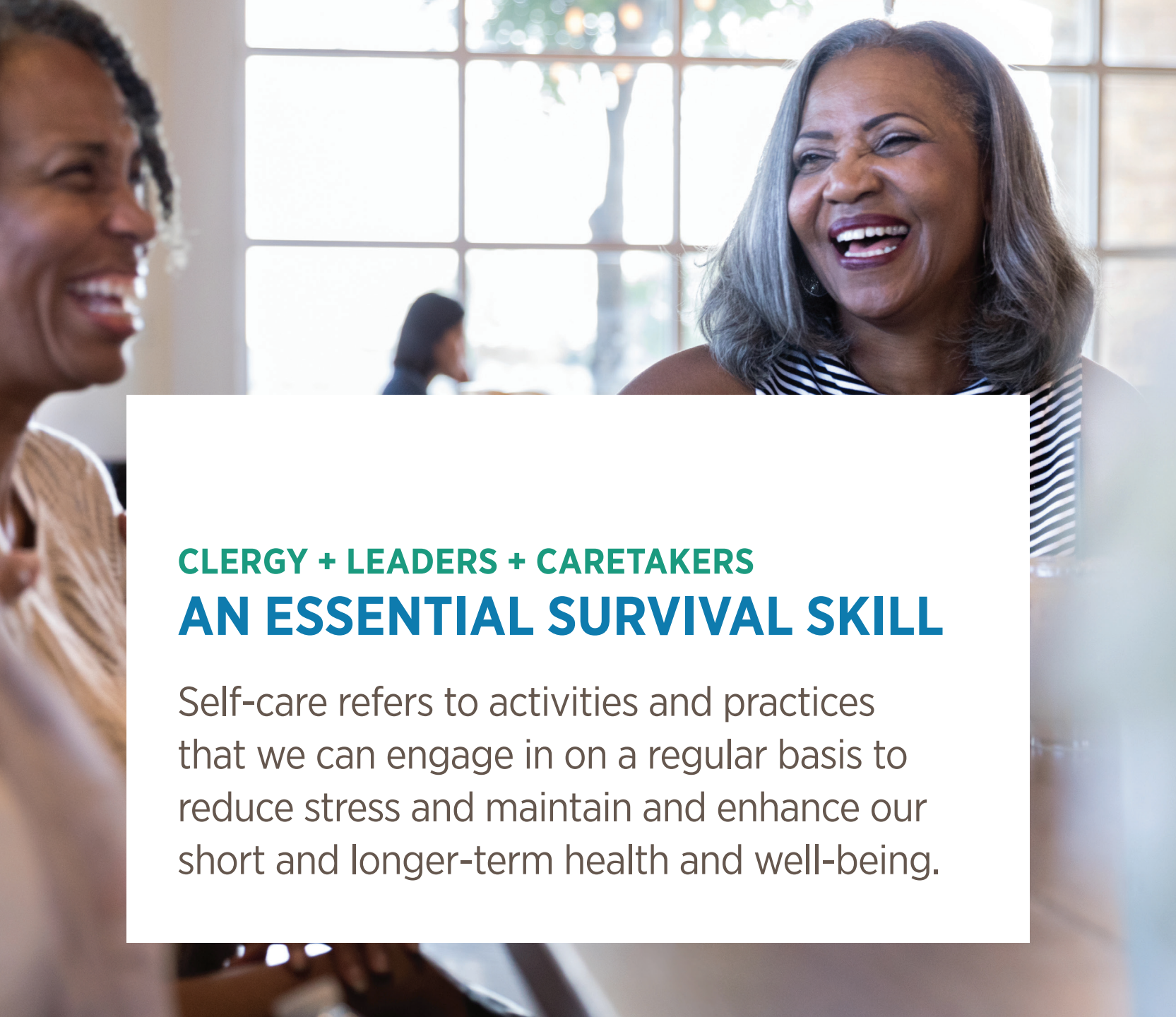


SESSION *one*



self-care



**CLERGY + LEADERS + CARETAKERS**  
**AN ESSENTIAL SURVIVAL SKILL**

Self-care refers to activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short and longer-term health and well-being.

Self-care is necessary for your effectiveness and success in honoring your professional and personal commitments.



A quote from Eleanor Brown

Self-care is not selfish.



You cannot serve from an empty vessel.





## **Matthew 11:28-30 (NIV)**

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.



Ninety percent of those in ministry reported feeling inadequately trained to cope with ministry demands.



70%

### LOWER SELF-ESTEEM

Say they have a lower self-esteem now compared to when they started in ministry.

Reported serious **conflict** with a parishioner at least once a month.

40%

Confessed to having been involved in **inappropriate sexual behavior** with someone in the church.

37%



**75% STRESSED**

Report being “extremely stressed” or “highly stressed.”



**Do not have someone they consider a close friend: 70%**



**Work 55-75 hours per week: 90%**

Say they’re grossly **underpaid**.



**80% BURNOUT**

Will not be in ministry ten years later and only a fraction makes it a lifelong career.





*research + exploration*

**Professional Quality of Life Scale | “Understanding the Sources of Burnout” | Lifestyle Behaviors**



“

We've worked so hard to gain approval and esteem that we're now crushed under the heavy burdens of fear, shame, and a lack of self-worth.



**We've traded our longing to belong for the quick fix of fitting in.**

**We've traded wholeness for perfectionism.**

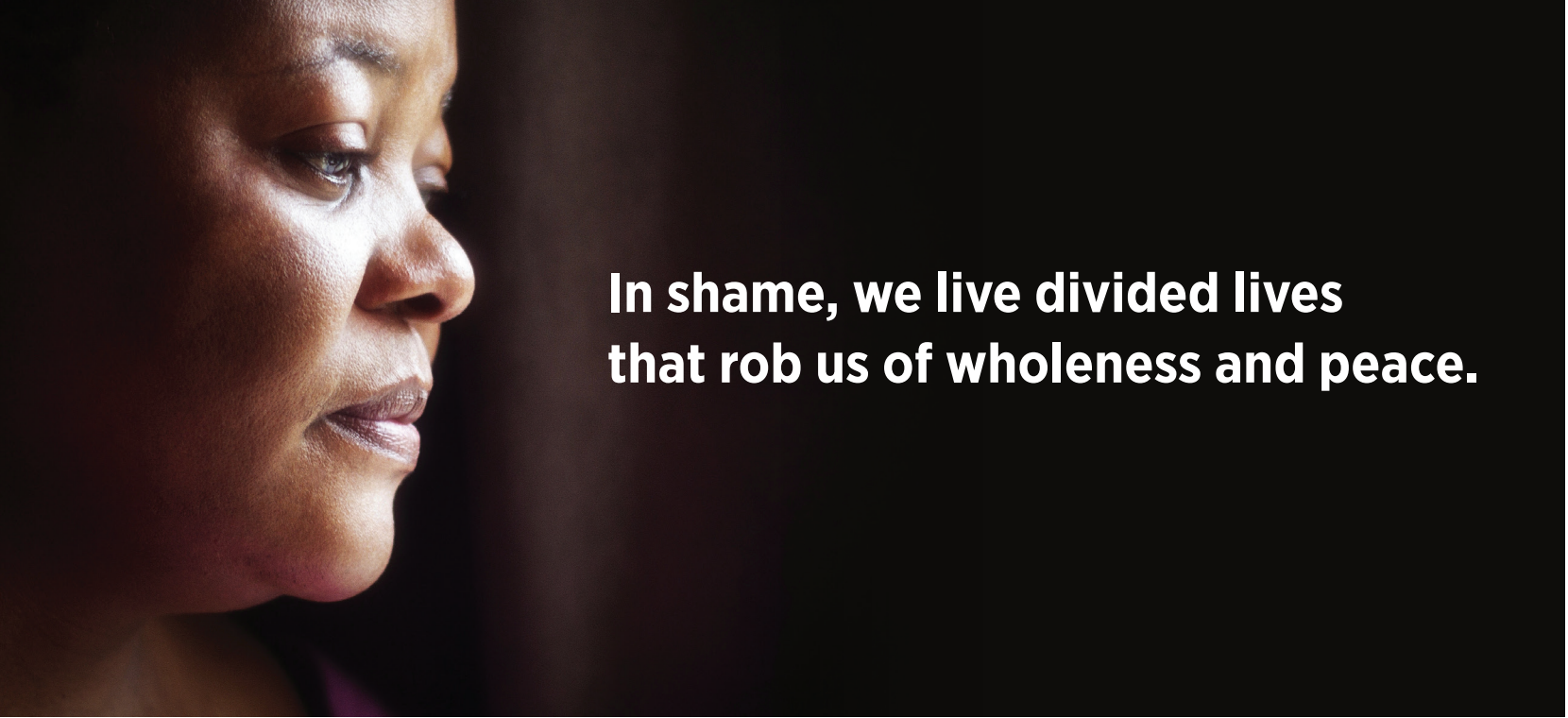




“

Shame works like the zoom lens on a camera. When we are feeling shame, the camera is zoomed in tight, and all we see is our flawed selves, alone and struggling.





**In shame, we live divided lives  
that rob us of wholeness and peace.**



Divided and fragmented, we work tirelessly to perfect ourselves but only end up exhausting ourselves.

**This is our common story.  
No one is immune.**





**Self-compassion gives  
our Inner Critic the day off.**





Mindfulness