



SELF-CARE WHEN WORKING IN
OUTREACH MINISTRIES



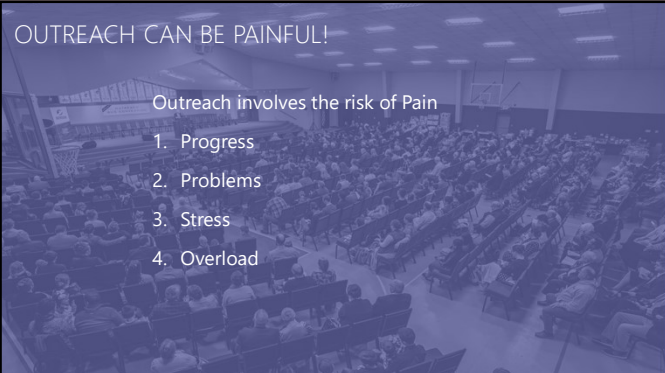
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OUTREACH CAN BE PAINFUL!

Outreach involves the risk of Pain

1. Progress
2. Problems
3. Stress
4. Overload

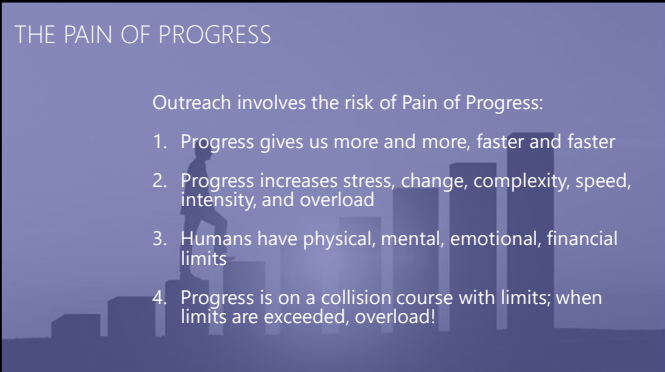


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THE PAIN OF PROGRESS

Outreach involves the risk of Pain of Progress:

1. Progress gives us more and more, faster and faster
2. Progress increases stress, change, complexity, speed, intensity, and overload
3. Humans have physical, mental, emotional, financial limits
4. Progress is on a collision course with limits; when limits are exceeded, overload!



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THE PAIN OF PROBLEMS

Outreach involves the risk of Pain in Problems:

1. New Games, New Rules, New Stages
2. The Golden Frame of Nostalgia
3. Today's Exponential Graph
4. The Disappearance of Margin

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THE PAIN OF STRESS

Outreach involves the risk of Pain in Stress:

1. A Natural Response to Change
2. Eustress, Distress, Hyperstress
3. Links between Physical/Mental Stress
4. Personality Differences
5. Brokenness, Burnout

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THE PAIN OF OVERLOAD

Outreach involves the risk of Pain of Overload:

1. Physical, Performance, Emotional, Mental Limits
2. Saturation Point
3. Personality Differences (Again)
4. Misdiagnosis
5. Multiple Manifestations of Overload

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SELF-CARE IS STEWARDSHIP

Mark 12:30-31

And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment. And the second, like it, is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these.

Ephesians 5:29

For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.

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STEWARDSHIP OF RESOURCES

Stewardship involves Stewardship of Resources

- 1. Emotional Energy
- 2. Physical Energy
- 3. Time
- 4. Finances

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STEWARDSHIP OF EMOTIONAL ENERGY

Boundaries around Emotional Energy:

- 1. Cultivate Social Supports, Reconcile Relationships
- 2. Serve One Another
- 3. Rest, Laugh, Cry
- 4. Create Boundaries
- 5. Vision for the Future
- 6. Offer Thanks, Grace, Hope, Love

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STEWARDSHIP OF PHYSICAL ENERGY

Boundaries around Physical Energy:

1. Take Personal Responsibility to Change Habits
2. Healthy Sleep Patterns
3. Healthy Eating Patterns
4. Healthy Exercise Patterns

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STEWARDSHIP OF TIME

Boundaries around Time:

1. Expect the Unexpected
2. Learn to Say No
3. Turn off Electronics
4. Prune Activity Branches
5. Get Less Done doing the Right Things
6. Create Buffer, Plan Free Time

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STEWARDSHIP OF FINANCES

Boundaries around Finances:

1. Settle the Issue of Lordship
2. Live Within Your Means
3. Discipline Desire, Redefine Needs
4. Live on a Budget

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STEWARDSHIP OF HEALTH

Stewardship involves Fostering:

1. Contentment
2. Simplicity
3. Balance
4. Rest

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MARGIN

Restoring Emotional, Physical, Financial, and Time Resources to Overloaded Lives

RICHARD A. SWENSON, M.D.

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