

Ministry Self Care Weekly Dashboard

(during social distancing times)



**PARTNERS
IN MINISTRY**

This Weekly Dashboard is intended to help ministry workers have a weekly framework for self-reflection & positive investment into personal wellbeing and effectiveness. We suggest you have a mentor or coach (PIM can provide) to help you keep on track. If you need further professional mental health help, please see our contact list - <https://resilienceconference.com.au/>

GODLY DEPENDENCE

3 KEY BIBLICAL TRUTHS TO HOLD ON TO

--	--	--

PRAYER & DEVOTIONAL GOAL

MINDSET INVESTMENT

CORE VALUES – Focus on what you can do to live out your values in this season.	GO EASY ON YOURSELF – What negative thoughts (lies) do you need to counter with truth?
EMPOWERING OTHERS – Don't do it all yourself. What do you need to start, stop and keep doing?	CIRCUIT BREAKER PLAN Go for Walk. Beware of living in your head. Stay in the present.

RE-DESIGN WORK / LIFE RHYTHMS

KEY FOCUS FOR THE WEEK	RE-DO / REVIEW CALENDAR									
WORK FOCUS THIS WEEK	<ul style="list-style-type: none"> Do one thing at a time. (More tips on next page) 									
	HEALTHY BASICS	GOAL	M	T	W	T	F	S	S	
	MINDFULNESS / DEVOTION TIME									
	SLEEP									
SPOUSE FOCUS THIS WEEK	FOOD									
	EXERCISE									
	UNPLUGGED TIME									
FAMILY FOCUS THIS WEEK	KEY SOCIAL CONNECTION									
	FUN / RELAX									

REMEMBER:

• Laugh & have fun

JOY

• Celebrate positives & share with team

What are you grateful for?

Ministry Self Care Tips in Weekly Review



RE-DESIGN WORK / LIFE RHYTHMS TIPS

THINGS TO CONSIDER IN RE-DESIGNING YOUR WEEKLY RHYTHMS

- **Home/work boundaries** – Set up separate physical space / do one thing at a time
- **Share with your spouse** – your updated calendar to help keep boundaries
- **Zoom Fatigue** – work out maximum zoom meetings in a row that suit you, instead of zoom maybe go for a walk and do a phone call, book in blocks of non-meeting times
- **Redeem commute time** - with family / marriage time (given ministry meetings are likely going to increase in the evening)
- **Device Detox** – Length of time on a device can build anxiety and stress. Most of life at the moment is done through a device so consider unplugging for set periods of your day
- **Reducing News** - Overall reduce news consumption. Have a set time when checking the news each day
- **Prioritise the Healthy Basics** – Sleep, Exercise, Devotional & Prayer
- **Check in regularly with close non-work friends** - weekly / fortnightly on repeat
- **Get Personal Help Early** – coach/mentor, psychologist
- **Review weekly and improve**