



My Self-Care Plan



A Checklist for Warning Signs

- Fatigue; exhaustion, low energy
- Repeated illnesses or infections
- Stressed all the time; easily overwhelmed
- Lacking joy
- Lacking motivation for life and work; procrastination
- Feeling angry, irritated, or frustrated often
- Feeling emotional (crying easily, being short-tempered)
- Being highly critical of self, family, and those you serve
- Feeling cynical; lacking vision for the ministry
- Use CHOPS assessment to assess stress

Ideas for Self-Care

Categories	Activity	
Spiritual	<ul style="list-style-type: none"> • Sabbath • Word or book study of the Bible • Quarterly or annual retreat • Journaling • Spiritual disciplines of prayer, fasting, prayer of Examen, etc. 	<ul style="list-style-type: none"> • Pray with prayer partners regularly • Read a certain number of spiritual books per year • Ensure regular worship with other fellow believers • Regular family worship time
Physical	<ul style="list-style-type: none"> • Enough daily sleep and a regular daily sleep-wake rhythm as best you can • Reflect one's physical condition and adjust daily rhythm • Some form of exercise on a regular basis • Detach from electronics (phone, computer) at night 	<ul style="list-style-type: none"> • Ensure a balanced diet • Go to nature regularly • Regular vitamin or supplement intake • Regular medical checkup • Do cleansing diet on a regular basis
Emotional	<ul style="list-style-type: none"> • Connect with family and friends regularly • Understand burnout symptoms and have an accountability partner to check in with you • Commit to not working for the whole weekend • Take time to experience your emotions through journaling or talking with someone 	<ul style="list-style-type: none"> • Give thanks for 3 items each day • Do something you enjoy regularly • Set good ministry and work boundaries ahead, have a teammate to hold you accountable • Regular quality and fun time with family (spouse and kids). • Date night with spouse
Social	<ul style="list-style-type: none"> • Connect with other teammates and local friends intentionally and regularly • Have a family vacation or stacation with your favorite activities • Singles: regular quality gathering with friends 	<ul style="list-style-type: none"> • Create a fun, weekly activity (e.g. Game night Tue) • Make a new friend every week/month • Learn something new from someone

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Categories	Activity Description	Frequency (Daily, Weekly, Monthly, Quarterly, Annually)	Who will keep me accounta- ble
Spiritual	1. 2. 3.		
Physical	1. 2. 3.		
Emotional	1. 2. 3.		
Social	1. 2. 3.		