



SELF-CARE

1. **Clarify your job description** and accompanying expectations.
Refer and consult.
2. **Maintain clearly expressed boundaries.**
(regarding intimacies, schedule, professional role, etc.)
 - Discuss them with the colleagues, administration, Dean or Council.
 - Discuss them with your spouse or partner.
 - Take time for your family.
3. **Know when to say ‘No.’**
 - Prioritize your time and tasks.
 - Recognize that you can’t be everything to everyone.
4. **Prepare yourself for stressful events.**
(As the Baptists say, be “prayed up.”)
5. **Maintain regular spiritual disciplines.**
(such as retreats, journaling, and other self-reflection)
At least once a month, work with a professional spiritual director.
6. **Create opportunities for genuine support.**
 - Monitor your intimacy needs.
 - Avoid isolation.
 - Find friendships *outside* the congregation.
 - Maintain collegial contacts.
7. **Create regular times for solitude**
(more than singing in the shower).
8. **Receive regular professional supervision.**
(similar to what therapists receive for their practice)
9. **Invest in your healing** and wholeness.
10. **Broaden your interests and vision beyond the immediate church.**
Read and/or use study leave for topics unrelated to your most common responsibilities.
11. **Play . . . and keep your sense of humor.**