



Center for Health

Self-Care Covenant Workshop



GENERAL BOARD OF PENSION AND HEALTH BENEFITS
OF THE UNITED METHODIST CHURCH

Caring For Those Who Serve



**It is our nature to give of ourselves
as we support and guide others—
in fact it is the essence of our calling in ministry.**

Are you exhausted by the demands of your ministry? Do you have trouble saying “no” to requests from your parishioners, church workers and volunteers? Would you benefit from additional energy to focus on your personal needs, family, church and community?

This continual giving takes its toll over time. At some point, we find we need to be recharged—we need the coaching and guidance to keep performing at the level our ministry demands.

The *Center for Health* invites you to attend a **Self-Care Covenant Workshop**—designed to provide a break from your day-to-day responsibilities and allow you to reflect, revive and renew the spirit and potential that effective ministry requires.



“Preserve Thy Body In Health”

The Church defines health as “what is necessary for the individual to be in mission”—engaging our whole selves in relationship with God to carry out a life of purpose and service. Health has impact beyond any one of us individually. It affects all aspects of our lives and all of our relationships: family, congregation, community and the Church itself.

John Wesley wrote that we must “preserve thy body in health, in strength and vigour, a fit instrument for the soul. . .” We each share a God-given stewardship responsibility for our health—and, by extension, the health of others in our ministry.

The *Center for Health* challenges each of us to dig deeper to understand not only what health means to us individually, but also the broader implications of health for the future of the Church. As one of the *Center's* activities, Self-Care Covenant Workshops provide an opportunity to evaluate the dimensions of health and well-being—physical, emotional, spiritual and social—as they relate to our individual lives and daily work.

Healthy In All Dimensions



This eight-hour program focuses on self care with workshops and personal time to help you attend to the dimensions of health that are most important to you. You will be guided through a process of self-evaluation resulting in a self-care covenant that you will make with yourself—providing specific activities and goals that can help support you long after this event is over.

The interactive, dynamic workshops enable participants to learn about barriers to self care, assess current self-care behaviors, contemplate and discuss self-care issues with colleagues in a nonjudgmental environment and gain effective strategies to ensure that they are healthy in all dimensions.

The approach for the Self-Care Covenant Workshops has been used in the Kansas conferences since 2006. The General Board of Pension and Health Benefits (General Board) is licensed as the official distributor of this workshop, which was created by the Kansas United Methodist Health Ministry Fund.

Why Self Care Is Important



As ordained and lay leaders within the Church, we are constantly faced with choices that either enhance or detract from our overall health and well-being. If we are sick, tired, stressed or depressed, our ability to serve God and others is compromised. We cannot be fully available if we neglect to care for ourselves.

Self-Care Covenant Workshops are designed to help you examine your choices and determine how they affect your spiritual, physical, emotional and social health. The goal is to assist and support you in creating a plan for making healthy changes to improve your health.

What You Will Learn

These workshops are meant to be private journeys of self-assessment. They can help you:

- understand how lifestyle habits affect your ability to achieve your personal mission;
- examine your core values and choices in the areas of mental, physical, social and spiritual health; and
- make a self-care covenant, create a plan for positive changes and establish an accountability plan.

The workshops will cover a wide range of topics, including simplifying your life; time management; stress reduction; better managing your priorities; determining when and how to say “no”; the positive effects of healthy eating and physical activity; the effects of social and physical environments, and sleeping habits; and more!

Who Should Attend

This program, led by trained professionals, is offered to:

- active and retired clergy,
- lay employees,
- parish nurses,
- district superintendents, and
- bishops.

Registration Information

Register for the African-American Clergy Health Summit on the Lake Junaluska Web site at www.lakejunaluska.com/health-summit. Click on “**Registration.**” Registration ends **August 31.**

In Their Own Words

Self-Care Covenant Workshops enable us to evaluate our health and well-being as they relate to our individual lives and daily work. Here are some comments from workshop participants:



“The ‘Wheel of Life’ gave me a renewed look at all parts that make me a whole person. This workshop led me to schedule group physical exercise with my family twice a week and weekly church women’s accountability group meetings. I also made it a priority to read for relaxation, reading at least one hour daily, and add a serving of fruits or vegetables to my daily diet. I feel more alive.”

—**Wanda Croft**, East Ohio Conference, Tuscarawas District



“The Self-Care Workshop gave me the confidence I needed to move forward in my job as Wellness Director.”

—**Eve Bevilacqua**, Wellness Director, Copeland Oaks Retirement Community



“After attending the workshop, I made a commitment to take better care of myself and lose weight. I tried to lose weight on my own with small success. Then I joined Weight Watchers® (through HealthFlex) and started going to the gym to walk for exercise. I also traded junk food for fruits and veggies. I have, to date, lost 44 pounds.

“Since I’ve lost weight, my cholesterol has gone down, my blood pressure has improved and I am basically healthier. I’ve given away all my old clothes and will never, ever need clothes that big again.”

—**Donna Hite**, Assistant Pensions Officer, Rocky Mountain Conference



“Since participating in the Self-Care Covenant Workshop, I have been more intentional in holistic self care and balance in my life by taking time for myself, monitoring food portion sizes, eating more healthy, drinking more water every day and riding my bike at least five times a week. It truly has been a life-altering experience for me.”

—**The Reverend John Edd Harper**, Coordinator, Louisiana Conference Board of Ordained Ministry



Make a Self-Care Covenant



GENERAL BOARD OF PENSION AND HEALTH BENEFITS
OF THE UNITED METHODIST CHURCH

Caring For Those Who Serve

1-800-851-2201
www.gbophb.org

Photos courtesy of the United Methodist News Service