

4 POINTS

Helping the Helpers

Studies show that those in the helping field can increase their professional fulfillment and help protect against compassion fatigue by regularly embracing four simple points: Connecting to their mission, feeling valued by team members, equipping themselves for their work, and practicing self-care.

Try a new worksheet each week and get in the habit of taking care of your team and yourself.

1

Mission

Mission: Remember that behind each mission is someone whose life is impacted by it. Reach out to someone you serve today and ask for their input. How has your organization helped their life? What ideas do they have? What dreams may be planted from this conversation?

Value Others: One of the most powerful things we can do for others is to pray for them. Pray for your co-workers and those you serve today.

Numbers 6:24-26 *“The Lord bless you and keep you, the Lord make his face shine upon you and be gracious to you; the Lord turn his face towards you and give you peace.”*

2

Member

3

Method

Equip Yourself: Make a list of three things that impact your job that you would like to understand better. Pick one and learn more about it.

Self-Care: Everyone recharges differently. Some people feel better after a quiet afternoon with a book, others come alive after dinner with friends. Think about the last time you felt really energized, what were you doing? Spend some time identifying all the things that recharge you, then look for ways to incorporate some of them into your week.

4

Me Time

Taking care of the people who care for others.

4 POINTS

Encouragement for the Soul

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Mission

Mission: Sometimes when work feels tough, it can be easy to forget all the things that are going right. Write down five things about your job that are going well right now. Ask yourself how you can build on these to help you move forward.

Value Others: Check in with someone who has been a help to you in the past. See if there is anyway that you can return the favor now.

2

Member

3

Method

Equip Yourself: Write down one problem that has been on your mind. Research three potential ways to solve it. Then pray for wisdom on next steps.

Self-Care: Spend a few minutes today thinking about the things that make YOU special. Thank God for making you just as you are!

Eph 2:10 - *"For we are God's masterpiece..."*

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Mission: Sometimes the work we do makes a difference in the lives of others, but it also makes a big difference in our own lives. Today, think about all the ways that working in this field has changed your life for the better. Then give God thanks for giving you this opportunity to serve His Kingdom.

Value Others: Buy the person behind you coffee. Every act of kindness in the world adds up. Let's make the world a kinder place.

2

Member

3

Method

Equip Yourself: An important way to help your organization be impactful is to understand how different generations view what you do. Spend some time this week researching the perspectives of people in generations different from your own.

Self-Care: Go outside this week and breath in the Springtime!

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Mission

Mission: Reflect on this passage: **Galatians 6:9** *“Let us not be weary in doing good, for at the proper time we will reap a harvest if we do not give up.”*

Remember a time when you or your organization persevered in order to accomplish something great. What was the situation? What happened when you did not give up? Was the perseverance worth it? Pray and ask God to give you perseverance to accomplish the mission he has for you.

Value Others: Have lunch with a co-worker. Invite them to share their ideas and dreams for your mission. Listen and spend some time dreaming together.

2

Member

3

Method

Equip Yourself: Understanding what really motivates others to act can help your organization move forward more quickly. Ask someone you know who has influence for some tips on how to motivate others. You may be surprised at what you learn!

Self-Care:

Spend some time enjoying your family. Be intentional to notice the little things that make you smile. Give thanks for those you love.

4

Me Time

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