

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: Nobody gets into the helping field overnight. Look back on your life and see all the places that God was preparing you for your mission. How did he help you gain the skills or passion for the work that you do today? Where did he open doors that made a difference? Where did he close doors that helped you find your path? Thank Him for always being there and thank Him for helping you find your calling.

Value Others: Think about your co-workers. Do you know each person's gifts and skills? If so, compliment them the next time you see them use them. If not, make it a point to find out what they are. Then do the same thing.

2

Member

Equip Yourself: When it comes to work or ministry you should ***"Know what you know. Know what you don't know. And know who knows better than you."*** This means that if you have a problem, analyze which part of the problem involves something that you are the expert in. Then figure out which part of the problem you don't know much about and need to give to someone else, and which part of the problem you understand but could use expert advice in. Breaking problems down with this formula will help you get the best input on decisions and help build connection at the same time.

3

Method

Self-Care: Try aromatherapy by buying something with a fragrance that you like and place it in your home.

4

Me Time

Taking care of the people who care for others.

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Mission

Mission: Review your personal or organizational mission. What is one thing you can do this week to help further your mission.

2

Member

Value Others: Give each of your co-workers a compliment this week.

3

Method

Equip Yourself: When it comes to problem solving, sometimes we can get overwhelmed by what we don't know. If this happens approach the problem by reviewing what you do know about the situation. Starting here often leads you to the right answer.

Self-Care: Pick at least one day this week to admire a sunrise, sunset, or the night sky. Thank God that He is over all the big things and the small things. Enjoy the beauty.

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Mission

Mission: Sometimes we all wonder if what we do really matters. This week, try reaching out to someone you have served and ask them about their experience. Ask if it made a difference to them. Then reflect on the joy of helping others.

2

Member

Value Others: Take a few fun office photos and share them with others this week. Smile big and make some memories.

3

Method

Equip Yourself: We all have parts of our work that we dread and drain our energy. However, other people may love doing that part of their job. If you have a task like this, try asking the people who love it how they do it and why they love it. See if there may be any takeaways that will help the task be easier for you too.

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Me Time

Self-Care: Spend some time with plants or animals this week. Enjoy the peace that nature brings to the soul.

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Mission

Mission: Look at the mission field that you work in. How has it changed over the years? What advances have been made since the problem was first discussed? How do you think your work or your organization helps advance the mission as a whole?

Value Others: Pray for your team today.

2

Member

3

Method

Equip Yourself: A big part of success is working with people from different generations, but sometimes we don't understand what they are saying. Stay relevant by learning what slang is *fire** today, but be careful that you don't try too hard or you may look *cheugy*** *No cap****.

* Amazing! ** Trying too hard to be trendy. *** No lie.

4

Me Time

Self-Care: Take a relaxing bath or extra long shower. Put on your jammies early and snuggle up to some Netflix. You deserve a break.

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