

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: Spend some time today remembering the reason you became interested in your mission to begin with. What happened that made you want to pursue this passion? Do you still believe that this mission matters today? Why and how does the work you do make a difference?

Value Others: Make it a point to intentionally notice how your co-workers are feeling. Then be encouraging this week.

2

Member

3

Method

Equip Yourself:

None of us are experts in everything. Think about an aspect of your work that you could use help with. Make a list of people you know who know more than you do about this subject. Then reach out and invite them to teach you more.

Self-Care: Spend time reading and reflecting on your favorite scripture. Remember that God loves you.

4

Me Time

Taking care of the people who care for others.

4 POINTS

Encouragement for the Soul

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1

Mission

Mission: Imagine that someone asked you why you do what you do, even when it's hard. What would you say?

2

Member

Value Others: When you are with your co-workers or those you serve, be intentional about being *present*. Really stop, listen, and engage with them. Nothing makes others feel more valued than this.

3

Method

Equip Yourself: Feeling equipped to do your job well requires time to think and dream. Block off a few hours on your calendar where you are not to be disturbed, then let the ideas flow...

4

Me Time

Self-Care: Think about something that you used to love as a kid, like skipping rocks, or eating friend bologna sandwiches, or whatever - then share that with someone you love today.

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Mission

Mission: Watch a short video about someone whose life has been changed by the work that you or your organization does. Reflect on how their life would look different if no one gave their heart to your mission.

Value Others: Think about someone that you know who inspires you. What can you learn from them? Reach out and let them know the difference they make in your life.

2

Member

3

Method

Equip Yourself:

An important way to feel equipped at work is to have the funds you need to do your job right. Take time this week to review your budget. Ask yourself what you may want funds for in the future and what needs to happen in order to meet your goals.

Self-Care: Listen to music that makes you want to dance, puts you in a good mood, or just gives you that relaxing feeling.

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Mission

Mission: Think about one big obstacle that you or your organization has overcome this year. Spend time in prayer remembering that God is with you, even in the valleys. Then reflect on **Zephaniah 3:17** - *"The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing."*

Remember that God is for you and the good work you do. You are not in it alone.

Value Others: Tell someone that you believe in them today.

2

Member

3

Method

Equip Yourself: Teamwork makes the dreamwork. The best way to achieve your mission is to have a strong team. Take time this week to think about all the people behind the scenes who contribute to your organization. Have they all been recognized for their contribution? If not, how can you change that?

Self-Care:

Think about something that needs to get done, but you keep putting off. Then do it. It may not be fun in the moment, but afterwards you will feel SO much better!

4

Me Time

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