

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: An important part of fulfilling our missions is to have vision of what may be yet to come. Take a few minutes and dream about the possibilities. Write down an idea (or two) that you would love to see happen. Start praying.

Value Others: It's back to school season. Talk to your co-workers and ask how their kids, nephews/nieces, or grandchildren are enjoying school this year. Is there any way you can be praying for them?

2

Member

Equip Yourself: Remember those dreams you wrote about in #1? Now, review your organization's intended impact. See how your vision may support the overall goal of your organization. Write down one small step you can take to further develop your idea. Give yourself a due date to complete that step.

3

Method

• **Need a review on Intended Impact?** Watch WW 5 Questions for Ministry Planning - [What Do You Most Want To Accomplish.](#)

Self-Care: Listen to music that relaxes or inspires you.

4

Me Time

Taking care of the people who care for others.

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Mission

Mission: Take some time today and pray for other organizations who have a similar mission to yours. As you do, stop and think about those people you know who regularly pray for you and your mission. Thank God for them. Remember that your mission matters to so many.

Value Others: Reach out via text, email, or phone and let the people that you prayed for (above) know that they were prayed for today. You may be surprised how powerful this will be for them (and for you.) We are all in this together!

2

Member

3

Method

Equip Yourself: We often spend time learning from the resources that our own organizations provide to others, but how often do we take time to learn from the resources that other organizations provide to us? This week, set some time aside to learn from other people in your field. How is your mission similar? How is it different? How might you be able to help each other in the future?

Self-Care: Call or Zoom with a friend who inspires you. Catch up and get energized!

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Mission

Mission: At the core of every mission is to make the world a little better place for people. Think about your mission and remember a time that what you do brought joy to someone. What happened? What was the result? How did it feel?

2

Member

Value Others: Make it your mission this week to smile at the people around you. Stop and notice every time someone smiles back. Remember that joy is contagious.

3

Method

Equip Yourself: Part of doing a good job at work is believing that you can. This means our self-talk, either positive or negative, will have an influence on our effectiveness. This week be intentional about noticing EVERY time you are successful at your job (even the little things). Bonus points if you write them all down. At the end of the week, review all that you have accomplished and remember that you can do it!

4

Me Time

Self-Care: Make a list of five small things that bring you joy, but you haven't done for a long time. Pick one and do it!

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Mission

Mission: When we make a difference in our mission we cause a ripple effect on the world. Think about someone that you helped through your work who went on to help others. What about the people that those people helped, are they helping others too, and so on. Has this ripple effect you started help accomplish things that you never imagined? Think about that and then thank God that His plans are always bigger than ours.

Value Others: Bring a homemade treat to the office this week and invite others to share it with you. When they do, ask them what their favorite thing is to cook. You will learn a lot, and open up some great conversations (and maybe get some yummy treats in the future too!)

2

Member

3

Method

Equip Yourself: Read up on a world issue that impacts your organizational or personal mission. What did you learn that you didn't know before? How will that impact your work? Where can you look for more resources on the subject?

4

Me Time

Self-Care: Revisit a happy time in your life through old photos. Remember the people whose love had a ripple effect on you. Be grateful.

Taking care of the people who care for others.