

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: Sometimes it can be easy to compare what you do with others who do similar work. Spend some time today thinking about the importance of the mission in which you all serve, and look at how each of your organizations contribute. What role does your work play? What role do others play? Why does lifting each other up honor God? Pray for your organization and the others too.

Value Others: Be bold. Reach out to someone outside of your church or organization who advances your shared mission. Tell them thank you for their work and why what they do matters. You will be surprised at the difference this will make in your soul.

2

Member

3

Method

Equip Yourself:

Each of us have aspects of our professional life where we could use some pointers. Think about how you would like to improve then watch a Ted Talk on that subject.

Self-Care: Text an old friend or invite them to coffee. Deepening our connections is one of the best ways we can care for ourselves.

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: Think about your first day on the job. How much has happened since then? What high points would you share with your old self? What lessons have you learned? How has your work made a difference?

2

Member

Value Others: Send an encouraging text to your co-workers today.

3

Method

Equip Yourself: Spend extra time this week reading your Bible. Nothing will equip you better in life than that.

4

Me Time

Self-Care: Look at number 3 - Do it some more.

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Mission: Make a list of three things in your work that you never expected to accomplish, but did. Give God praise. Now write down three new things that feel out of your league. Remember that anything we can accomplish without God's help isn't a big enough dream. Give God praise for big, crazy dreams. Start praying.

Value Others: It's easy to get offended when someone makes a mistake. However, if we want to create meaningful relationships we have to have grace. If someone says or does something that you don't like this week, choose to not be offended. Give them grace and a smile instead.

2

Member

3

Method

Equip Yourself:

To see an encouraging example of what it means to defy the odds, give grace that leads to deeper connection, and dream big - watch *Wonderful Works Talks - Trevor Lane*.

Self-Care: Watch an inspirational movie or documentary. Put extra butter on the popcorn.

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Mission

Mission: Look through some old photos or old posts from your work. What memories do these spark? What kind of things would you like to see again? Think about one step that you can take towards making the next great memory.

2

Member

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

3

Method

Equip Yourself: Write down one of your professional goals. Start to map out a strategy to reach it. If you get stuck, call a mentor or research how other people have done this.

Self-Care:

Go outside, breathe deeply, and spend a few minutes just being still. Whether you are in the country, the city or the suburbs, appreciate your environment and give God thanks that He is with you wherever you are.

4

Me Time

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