

SLIDE 1

SELF CARE AND WARRIOR CAREGIVERS

In Military Chaplaincy A "Deeds-Not-Words" culture meets the biblical paradigm of "Debar-Yahweh" - the idea that words accomplish something ("And God Said...And it was so"). In short, words DO matter.

In the Hebrew Scriptures especially, there is far less distinction between words and deeds than in our modern Western cultures, where "talk is cheap."

Jesus reminds us "Out of the overflow of the heart, the mouth speaks" (LK 6:45; MT 12:34)

We serve outwardly, then, out of what we have stored inwardly... Or, put another way...

...YOU CAN ONLY GIVE WHAT YOU HAVE!

SLIDE 3

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REFLECTION CHALLENGE:

Respond in the spaces below to the following Questions-

"WHO SUFFERS FROM OUR LACK OF SELF CARE?"

"WHO BENEFITS?"

SLIDE 2

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What we HAVE tends to dry-up, as in the analogy of the poured-out cup

No lesser an example than Christ Himself repeatedly went to solitary places to commune with His Father and to recharge. If the Son of God needed such a practice, who are WE to pooh-pooh such a practice? (...but we DO...)

What happens when we're depleted?

*IRRITABILITY *DISORIENTATION *POOR PERFORMANCE

*MISSED OPPORTUNITIES

*SKEWED MORAL COMPASS...

THE CHIEF TTPs OF THE ENEMY... LIE, CHEAT, STEAL, ATTACK AT NIGHT, AND...
"KICK THEM WHEN THEY'RE DOWN!"

SLIDE 4

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In Laurence Gonzales' work *Deep Survival: Who Lives, Who Dies, and Why*, he relates harrowing stories of people who made it through astounding hardships and he isolates a key characteristic. People who survive *physically* determine mentally, emotionally, spiritually to "BE HERE NOW."

Lamenting being IN the situation in the first place (a focus on the Past) and/or Being terrified about what may be coming NEXT (a focus on the Future)...

ROBS the person of energy required to SURVIVE RIGHT NOW (a focus on the Present).

Warrior Caregivers are steeped in the fight. Constantly. We are prime candidates to toggle back and forth between Past and Future. We need the periodic and routine reset that says "Be-Here-Now... with God," a refreshment that enables us to do what we do!

SLIDE 5

SELF CARE AND WARRIOR CAREGIVERS

As with "Deeds Not Words," you are probably familiar with "LBE," or, "Lead By Example?" As we learn to do effective, regular, intentional self-care, our subordinates, colleagues, friends, and family will take notice.

Not only so, but THEIR self-care will be important to us. Watch out for that common caregiver trap of "Do as I SAY, not as I DO." And so, we come full circle, words vs deeds.

RESPOND BELOW... Who in your life could most benefit from taking care of themselves? By doing what?

AND HOW ABOUT YOU?

COPY AND PASTE THE FOLLOWING INTO YOUR BROWSER... MIGHT WORK BETTER THAN USING THEM AS HYPERLINKS. ALSO, BE ADVISED, **THESE LINKS MAY NOT WORK ON YOUR GOVT LAPTOP DUE TO FILTERS-** BEST TO UTILIZE "DIRTY INTERNET" ON YOUR HOME COMPUTER (no, it doesn't mean THAT! Gosh..!)

VIDEO ONE:

<https://www.pbs.org/video/religion-ethics-newsweekly-chaplain-burnout/>

VIDEO TWO:

<https://www.youtube.com/watch?v=Zsaorjlo1Yc>

READING ONE:

https://www.researchgate.net/publication/307765251_Exploring_Clergy_Self-care

READING TWO: (Very good article IF you can access the whole thing... sometimes it comes up as a teaser and you can't read it unless you subscribe to CT... sometimes you CAN get to it. Certainly No Pressure to subscribe... just read it if you can bring it up)--

<https://www.christianitytoday.com/pastors/1983/winter/8311036.html>

Learning Assimilation Writing Assignment:

Craft your own TY21 SELF-CARE PLAN-

DESCRIPTION: One Page Word Document; 1.5-Spaced; Calibri or Arial Font; Size 12; Four Paragraphs (Sentences not Bullets); incorporate your take-aways from the Slides, Readings 1 and 2, and Videos 1 and 2 as follows:

¶1- Mental Well Being:

¶2- Physical Well Being:

¶3- Spiritual Well Being:

¶4- Relationship Well Being:

Identify when you propose to actually DO the self-care activities you include, within the timeframe of OCT 2020- SEP 2021. This plan is for you. Be creative, intentional, and specific. Assignment is not graded but might get emailed back if sloppy, incoherent or obviously uninformed by the preparatory material. Both Chaplains and RS Specialists/NCOs are encouraged to include some form of this self-care plan in their TY21 CMRP.

Email completed Plan to: earl.e.weigelt.mil@mail.mil, NLT 1600 Sunday 3 MAY but much sooner if feasible for you would be better- (hence this material's early release).

Related Reading List:

<https://www.focusonthefamily.com/church/self-care-for-the-weary-pastor/>

<https://www.ministrymatters.com/all/topic/Clergy+self-care>

<https://digitalcommons.liberty.edu/cgi/viewcontent.cgi?article=2751&context=doctoral> (READ ONLY- Do No Excerpting)

Robert J. Wicks-

Perspective: The Calm Within The Storm

Bounce: Living the Resilient Life

Laurence Gonzales-

Deep Survival: Who Lives, Who Dies, and Why

Why Smart People Do Stupid Things

QUOTES TO PONDER...

“The maddening thing for someone with a Western scientific turn of mind is that it’s not what’s in your pack that separates the quick from the dead. It’s not even what’s in your mind. Corny as it sounds, it’s what’s in your heart.”

– **Laurence Gonzales, Deep Survival: Who Lives, Who Dies, and Why**

“Helping someone else is the best way to ensure your own survival. It takes you out of yourself. It helps you to rise above your fears. Now you’re a rescuer, not a victim. And seeing how your leadership and skill buoy others up gives you more focus and energy to persevere. The cycle reinforces itself: You buoy them up, and their response buoys you up. Many people who survive alone report that they were doing it for someone else (a wife, boyfriend, mother, son) back home.”

– **Laurence Gonzales, Deep Survival: Who Lives, Who Dies, and Why**

“Until I realized that I was asking myself the wrong question. I was asking myself, Why me?” She gradually realized that she could ask a different question: What do I do as a result of having had that experience? “That was the big shift: What now?” She became almost breathless as she tried to explain the changes she experienced once she had shifted from “Why me?” to “What now?”

– **Laurence Gonzales, Flight 232: A Story of Disaster and Survival**