

# Self-Care for Ministry Servants

**Brand:** Heartbeat Academy  
**Product Code:** 127

**Price: \$15.95**

## Short Description

This one hour training offers one contact hour for nurses who meet all requirements.

*CA BON provider approved by the California Board of Registered Nursing, Provider Number CEP 16061 for one contact hour.*

## Description

In this training nurses/attendees will learn about the causes and consequences of work burn-out. Attendees will learn whether they are at risk, and what to do resolve work stress and burn-out. Most importantly, attendees will learn strategies to promote healthy lifestyle changes to prevent or overcome burn-out in the workplace.

Course published in 2021.

## Outline

### Outline - Self-Care for Ministry Servants

1. Chronic Stress / Burnout
  1. Definition
  2. Causes
  3. Who's at risk
  4. Consequences
2. Risks to Health & Wellness
  1. Physical
  2. Emotional
  3. Spiritual

### 3. Self-care strategies for wellness

1. Sleep
2. Read scripture, quiet time - attitude
3. 80/20 Better nutrition - Myplate.gov
  1. Recommended nutritional (food) sources
  2. Foods to avoid
4. Exercise
  1. Light to moderate activity - walk
  2. Get outdoors
5. Prayer
6. Explore options/opportunities at workplace
7. Professional limits and boundaries
8. Drink more water
9. Romans 12:1

## **Objectives**

### **Objectives:**

1. Participant can verbalize definition, causes, and consequences of work burn-out.
2. Participant can verbalize risks to physical, emotional & spiritual health & wellness.
3. Participant can verbalize strategies to resolve stress and burnout sources, and build a self-care plan to improve wellness.