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

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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.