



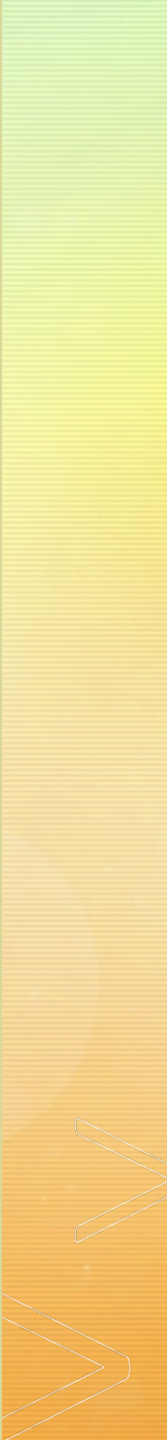
Sanctuary Course for Catholics

# Session 7: Self-Care



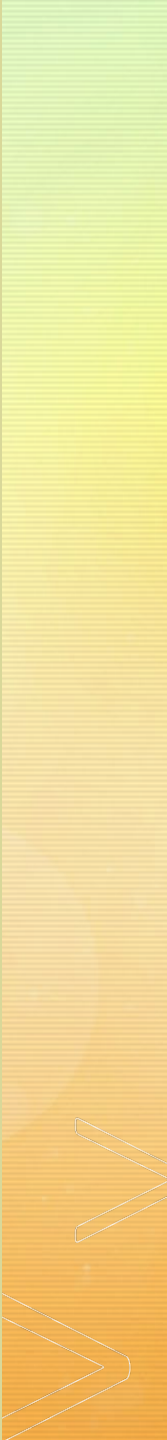


## PSALM 42:9

- I say to God, my rock, “Why have you forgotten me? Why must I walk about mournfully because the enemy oppresses me?”
  - At first this verse may sound like a complaint or an accusation. However, the psalmist is only able to express feelings of abandonment and grief because of the conviction that God cares about the suffering of his people. Emotions and difficult experiences are not insignificant to God, and therefore they should not be insignificant to us.
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# Next Steps

- First Cohort: need 3 -4 team members, support of the pastor, an idea where you want the ministry to go. Will work together over the summer to develop a ministry plan and needed trainings.
  - Other trainings in the Fall if you are not ready yet. Sanctuary Course for Catholics and “Growth and Grace”. Form parish or interparish teams for 2<sup>nd</sup> cohort.
  - Spanish Sanctuary Course and first cohort to follow in the Fall.
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# Session Overview

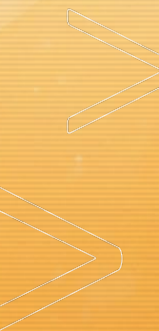
- In this session you will:
  - 1. Explore the importance of self-care, boundaries, and self-compassion
  - 2. Learn about the unique stresses and challenges faced by caregivers
  - 3. Reflect on the theological implications of self-care

# Psychological Perspective of Self-Care

- Studies have shown that stress contributes to languishing mental health. That is why self-care is so important.
- “Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.”
- 1. MENTAL SELF-CARE Relaxation and fun are both important for the health of the mind. Prayer and reflection on Scripture can encourage mental relaxation, while learning a new skill or developing a hobby can keep the mind sharp and provide a rewarding sense of accomplishment



- 2. EMOTIONAL SELF-CARE Relationships often provide necessary emotional support. Journaling, listening to music, and participating in the arts can encourage healthy emotional self-awareness and self-expression.
- 3. PHYSICAL SELF-CARE Caring for the body begins with developing healthy habits in the areas of nutrition, exercise, and sleep. Relaxing activities like taking a bath or getting a massage, and fun activities like dancing or playing sports also promote physical health





# Healthy Boundaries

- 1. **MANAGING YOUR LIMITS:** Managing your limits means knowing which areas of your life require time and attention, and knowing how much care you are able to offer others
- 2. **BALANCING CARE WITH RESPECT:** member or friend find it helpful to establish the goal of balancing care with respect. 4 Care is demonstrated when you act on behalf of another individual, while respect is demonstrated when you empower an individual to take action



- 3. SELF COMPASSION: self-care includes adopting an attitude of selfcompassion. This is the term used to describe the ability to experience and be moved by your own suffering.





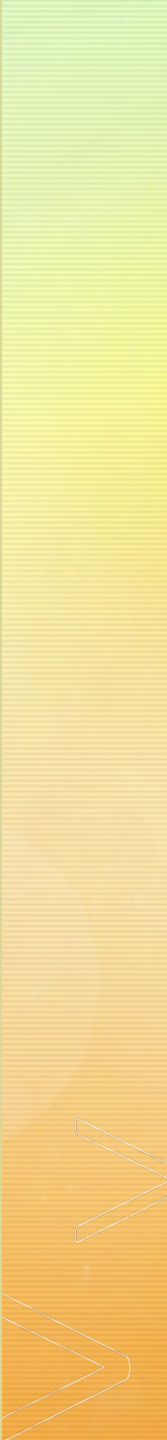


# Film and Discussion

- WATCH FILM Today you will be meeting Katrina, who lives with bipolar 2 disorder.
- DISCUSSION QUESTION What does self-care look like for Katrina?



# The Social Perspective

- For the friends and family of individuals living with mental health problems, however, self-care can be particularly challenging.
  - One of the most common side effects of stress in caregivers is compassion fatigue. According to the dictionary, compassion fatigue is “the physical and mental exhaustion and emotional withdrawal experienced by those who care for sick or traumatized people over an extended period of time.”
  - Research has shown that education regarding mental health services and resources, counseling, open communication with professionals, and strong social support networks can all play a critical role in sustaining long-term caregivers
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# The Theological Perspective

- Many Christians find it difficult to distinguish between self-care and selfishness. However, there is one very significant difference: self-care enables us to serve others, while selfishness prevents us from serving others.
- Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. (2 Corinthians 1:3-5)



# Discussion Question

- What are some practical ways your faith community can support longterm caregivers ?

# Final Prayer

- When my boat, Lord, is storm tossed and sinking, When fears in my heart take control, Say 'Be not afraid' to my spirit, And Your answer will calm the soul.
- When I flounder around in deep waters, When the stresses of life take their toll, A sudden deep hush steals upon me, Your gentleness calms the soul.
- When my life seems full of confusion And I have lost sight of the goal, As I stumble about in the darkness May Your gentle light calm the soul.



- I often live life on the surface, Sometimes I'm playing a role,  
Help me cherish my own inner beauty, May Your tender love  
calm the soul.
- When sinfulness tugs like an anchor, When guilt has me caught  
in a hole, I turn to You Lord for forgiveness, And Your mercy  
calms the soul.
- When I struggle with sickness and sorrow, And eagerly long to  
be whole, I call on Your name to bring healing And the touch of  
Your hand calms the soul.