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11 Self-Care Steps For Leaders Who Are Barely Holding On

<http://www.christianitytoday.com/karl-vaters/2020/april/self-care-barely-holding-on.html>

Motivation is hard. And comfort food feels so good. But it's more important now than ever to stay healthy. Lately, it's hard to remember what day it is. Without the usual markers, one blends into the other in a confusing emotional haze. My sleep is off, too. And with my sleep goes my ability to think and lead clearly. You too? Yes, me too. So how can we stay stable and sane in the middle of such uncertainty? Here are a few ideas that are especially helpful for pastors and other leaders: (This is a companion piece to an earlier article, *When You're Trying To Lead Others, But You're Barely Holding On*.)

1. Talk to yourself the way you'd talk to others. If a friend or church member told you they were mad at themselves for not being able to function at peak performance during this crisis, what would you tell them? To get over it? To work harder? To stop whining because people are depending on them? I sure hope not. I expect you'd go easy on them and help relieve their feelings of guilt. You'd sympathize. You'd emphasize their need to rest, emotionally, physically, mentally and spiritually. That's good advice. We need to talk to ourselves the same way.
2. Be vulnerable. There's nothing wrong with letting the people you lead know what you're feeling. You'll notice I started this article that way. "But won't they have less respect for me if they see my weakness?" Not unless you're in a completely toxic environment. Chances are, your cracks are already being seen by the people who know you best – even over a video chat. Being honest about your challenges instead of working so hard to hide them might provide a great deal of relief for them, too. It's hard to believe we're in this together when the leader seems invincible – or, even worse, when ...

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