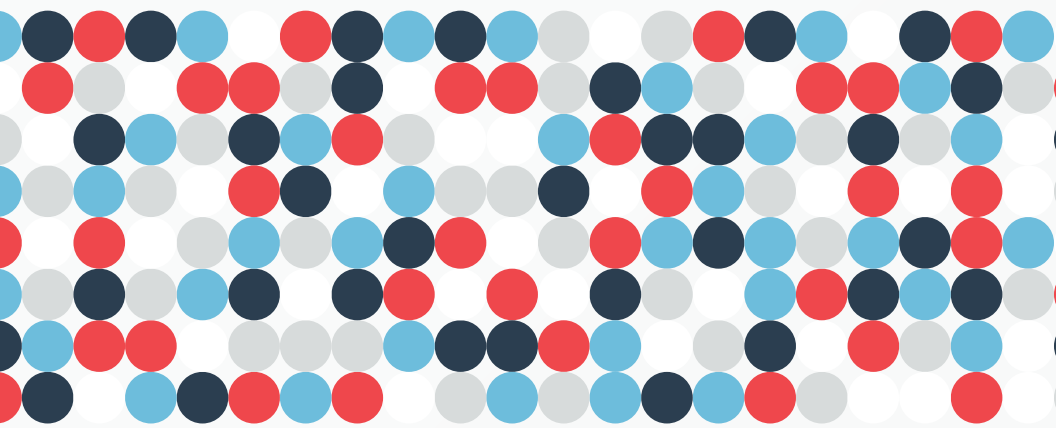
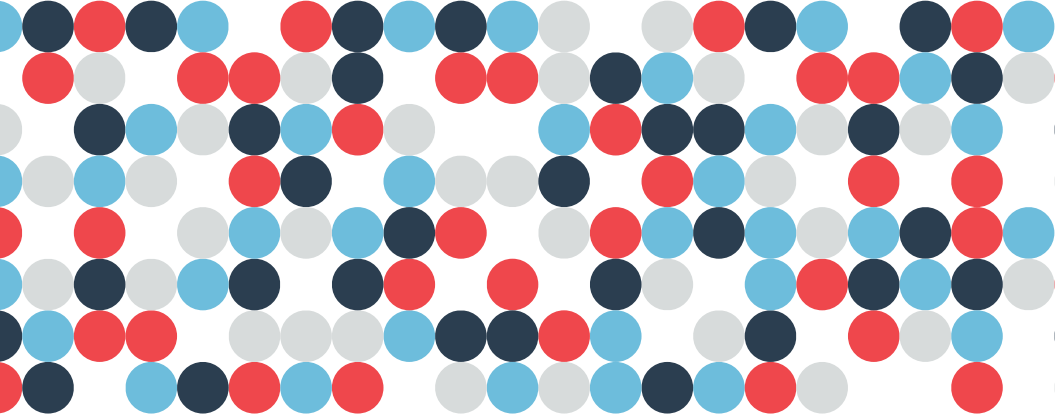


# Self-Care

## Check List



*I have come that they may have life,  
and have it to the full. John 10:10*



# Self-Care Check List

We are tri-part beings. We are spirit, we have a soul (consisting of our mind, will and emotions) and we live in a body. Every aspect of our being is important to God and that is evident by the fact that God became a man and experience life as we do.

*“The Word became flesh and made his dwelling among us...”*

John 1:14

This resource is not a check list to show you where you may feel you are falling short, but to help you maintain a healthy balance in every aspect of life in an effort to live abundantly as Christ created us to: *“I have come that they may have life, and have it to the full.”* John 10:10.

## For Your Physical Health

- **Listen to your body** – it gives us signs long before we are conscious of it. Is your body trying to tell you something that you may have overdone or neglected?
- **Stay active and exercise** – What are the unique requirements for your physical health? What can you realistically do in your present situation for physical exercise?
- **Stay hydrated/drink bottled water** – If you are thirsty, you are already dehydrated. Whenever possible, carry bottled water with you.
- **Wash your hands** – Be an agent for ending contamination.
- **Eat mindfully** – Small meals, nutrient dense food, hot/cold food, limit caffeine/sugar, no street vendor food.
- **Sleep** – To the best of your ability, get the required

amount of sleep needed (6-8 hours accumulative sleep/ nap.) How can you eliminate or reduce stress? To the best of your ability manage responsibilities.

### Scripture for reflection

*You have searched me, Lord,  
and you know me.*

*You know when I sit and when I rise;  
you perceive my thoughts from afar.*

*You discern my going out and my lying down;  
you are familiar with all my ways.*

*Before a word is on my tongue  
you, Lord, know it completely.*

*You hem me in behind and before,  
and you lay your hand upon me.*

Psalm 139:1-5

## For Your Mental and Emotional Health

- **Reflect on your actions** – Pray the Prayer of Examen – Review your day - when did I hear God speak? When did I respond? When did I resist?
- **Decrease stress** – Create a Breath Prayer – Select a name for God that resonates with you/state your desire for Him (i.e., “Loving Father, make me aware of Your Presence”)
- **Listen to others** – Resist the need to respond, give advice, or find a solution in every conversation.
- **Build community/be engaged** - Speak in turn, share your thoughts, share your fears, remain curious, ask questions.
- **Look at making reasonable boundaries**
- **Meet with others socially**
- **Identify and own your feelings**
- **Find a creative outlet - hobby**

## Scripture for reflection

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”*

Romans 12:1-2 MSG

## For Your Spiritual Health

- **Listen to yourself** – What is it you want. . . really want? Name your desire in Christ’s presence. Is there something Christ is inviting you toward?
- **Schedule quiet time with the Lord** - Be in touch with your spiritual center, by taking time to quiet your body and mind from outer distractions and “center down” inwardly. This takes time and practice.
- **Schedule prayer time** –
  - o Consciously rest in the knowledge of Christ’s presence.
  - o Allow His love to wash over you
  - o Share your concerns/requests
  - o Thank Him for answered prayer
- **Schedule personal time** – Sabbath keeping = worship, rest and delight (doing something that is life giving and creative)
- **Be open to not knowing** – God is in control, trust His answers and timeline. Learn to be comfortable in the mystery
- **Be open to inspiration** – God will break through in nature, situations, and conversations.

## Scripture for reflection

*“My heart is not proud, Lord,  
my eyes are not haughty;  
I do not concern myself with great matters  
or things too wonderful for me.  
But I have calmed and quieted myself,  
I am like a weaned child with its mother;  
like a weaned child I am content.  
Israel, put your hope in the Lord  
both now and forevermore.”*

Psalm 131

## Self-Care **Action Plan**

This assessment is to help you bring balance and health into your life. Review the survey once completed and decide how you can take greater care of yourself moving forward by realistically filling out the Action Plan that follows.

Fill out the self-care assessment checklist. Place numbers from 1-5 in the checkboxes by the statements below. Be honest in your assessment.

1 = Frequently

2 = Occasionally

3 = Sometimes

4 = Rarely

5 = Never

## Physical Self-Care

- Eat regularly (i.e., breakfast, lunch, dinner)
- Eat healthy foods
- Maintain a healthy weight
- Exercise regularly
- Take time off when sick
- Get enough sleep
- Make time away from electronic devices

## Mental/Emotional Self-Care

- Make time for self-reflection (what are my values, experiences, future plans)
- Engage in personal evaluation (who am I, what makes me act/think as I do, what might I change to be the person I want to be?)
- Write in a journal
- Read books/magazines unrelated to work
- Do something in which I am not the person in charge
- Let others care for me occasionally
- Spend quality time with people whose company I enjoy
- Maintain contact with people I value
- Remember I'm human – strive to be gracious with myself
- Allow myself to feel and appropriately express emotions

## Spiritual Self-Care

- Spend time with nature
- Participate in a Christian community
- Be open to inspiration
- Cultivate my ability to identify what is meaningful and its place in my life
- Do I have an ongoing personal devotional plan?
- Have I reached out to my pastor/Corps Officer/other for spiritual guidance?

### Reading the Results

If most of your answers are 1 or 2 you are taking good care of yourself and will want to mindfully stay on track.

If most of your answers are 3, 4, or 5, you may need to find a healthier balance between your needs and those of those around you.

## ACTION PLAN

Based on the results of this self-care assessment make a balance Action Plan for your own personal health and sustainable ministry to those around you.

For any score of 3 or above, you will want to prayerfully consider making alterations for optimum care. You do not have to fill every line under every category. It is suggested that you make 1, 2, or 3 reasonable goals on the entire Action Plan.

From now on, I will make time to take care of myself by doing the following at least...



**Once a Day**

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**Once a Week**

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**Once a Month**

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## Whenever I Need It!

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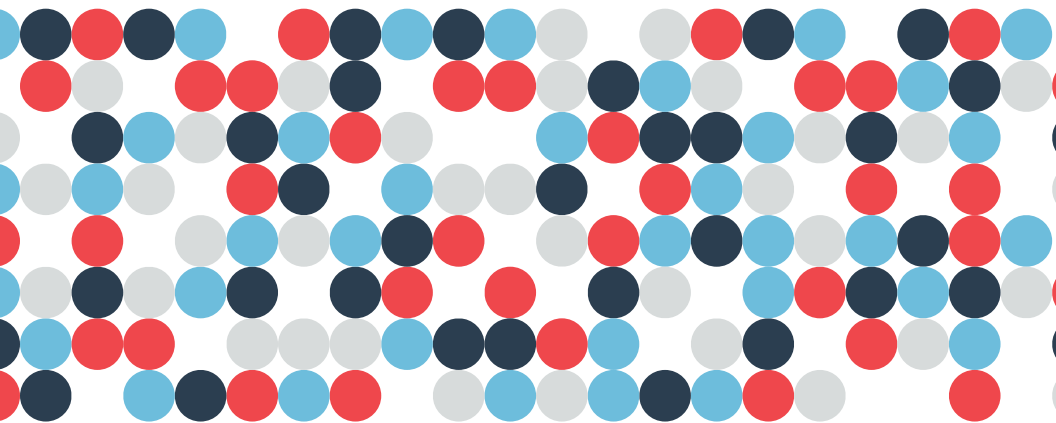
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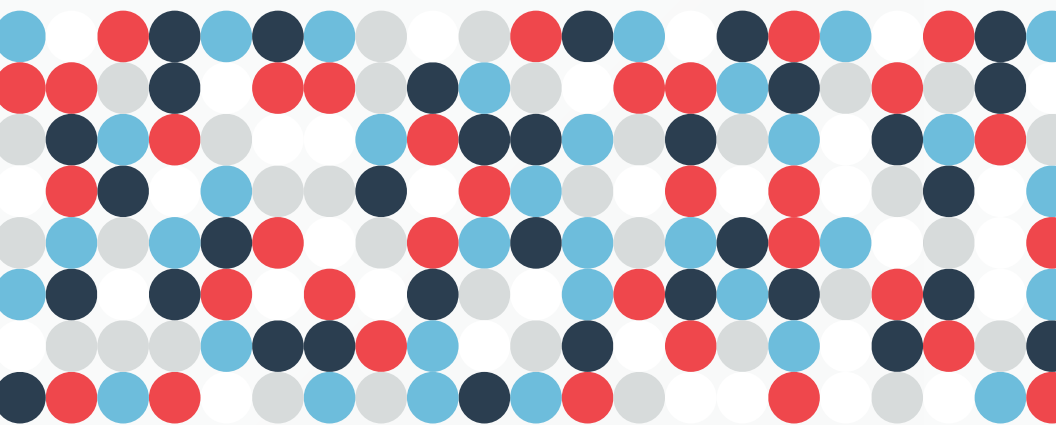
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(This resource is a collaboration of the International Disaster Services,  
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The Salvation Army USA East  
Spiritual Life Development  
440 West Nyack rd  
West Nyack, NY 10994