

How to manage yourself: Self Care 101

Self-care: “the responsibility of individuals to provide wisely for their own well-being... Self care is basic to good health. Self-awareness, monitoring one’s needs, a commitment to personal development, and seeking help when needed are signs of maturity. Likewise quality relationships with family and friends are necessary” (Kelly O’Donnell, *Doing Member Care Well*, p. 17)



- 1 Kings 19 – [Elijah syndrome](#)
- The benefit of a tidy room
- The benefit of routine
- The benefit of exercise, healthy eating, drinking water, [rest](#) and sleep
- Use a journal – capture thoughts, feelings, and what God is teaching you about himself from the Word (consider using [Evernote](#))
- Use a diary/calendar – block in advance regular commitments and time to do the important-but-not-urgent e.g. like reading, writing and PD; schedule ahead so as to pace yourself
- Use a to-do list – a Master List with everything on it and then plan a list for Today with just a few of the most important things
- There will be intense periods (‘harvest time’) with little rest but these should not be the norm
- Find what energises and refreshes *you*

Tim Chester ‘The Busy Christian’s Guide to Busyness’ ([first 50 pages](#)):

1. The dangers of busyness – too busy to be healthy, to think, for relationships, for Jesus
2. Both working and resting are good and should be to the glory of God
3. The Sabbath principle is better than the binge-working followed by binge-resting
4. Use your time efficiently – plan, have a filing system (but remember it’s not all about *how much* you do)
5. Sort out your priorities – Eph. 5:3-19; Col. 4:5-6; Matt. 6:33; 2 Tim. 4:7
6. Over-busyness flows out of the heart and mind which believes a lie and not the gospel:
 - I’m busy because I need to prove myself – versus the liberating rest of God – Matt. 11:28-30; Ps. 130-131 – we are justified by grace not our work
 - I’m busy because of other people’s expectations – versus the liberating fear of God – Prov. 1:7; 14:26; 19:23; 29:25; Ps. 18
 - I’m busy because otherwise things get out of control – versus the liberating rule of God – Luke 12; Ps. 127 – God is sovereign
 - I’m busy because I prefer being under pressure – versus the liberating refuge of God – Ps. 62 – instead of hiding in busyness we should hide in God
 - I’m busy because I want to make the most of life – versus the liberating hope of God - 1 Pet. 1; Ps. 90 – we are mortal, we can’t squeeze 26 hrs out of every day – we have eternity

More resources:

- Christopher Ash, *Zeal without Burnout* ([video interview](#))
- [Stressors of Pastors and Leaders \(The Briefing\)](#)
- [Peter Brain, Going the Distance, Matthias Media](#)
- [Crazy Busy / Crazy Lazy](#) (DeYoung & Begg)
- [Personal Organisation](#) – with some more references at the end
- Tim Chester’s ‘The Busy Christian’s Guide to Busyness’ ([first 50 pages](#))
- [7 Productivity Tips from Productivity Experts \(David Murray\)](#)
- Kelly O’Donnell, *Doing Member Care Well*
- [A brief theology of sleep \(John Piper\)](#)