

9 Simple Ways to Practice Self-care During the Pandemic

by Dale Beaman, MPH, PCC, Executive Coach and Leadership Development Expert

For several weeks we've been finding ourselves trying to gain footing and get used to our new realities, which present differently for each person. It's natural to feel stressed, worried, anxious and overwhelmed during this difficult pandemic, but there are steps you can take to feel better and be more resilient as you live and lead your life and ministries.

Self-care is about honoring ourselves and our potential, however, it does not come naturally or easily for many. Yet, not practicing self-care has a price on our mind body and spirit – and ability to lead others. Below is an easy tool that you can use with yourself and with your team or ministries to get people thinking about self-care practices. This is an invitation to take a few minutes to reflect on your own self-care practices and what you might need in this very moment.

Self-Care Tool for Leaders and their Ministries

	1. Slow Down How can you slow down that will benefit you and others?
	2. Stop and Pause What will you stop doing that is not helping you?
	3. Engage in Spiritual Ritual What spiritual practices help you to deepen your faith and feel rooted in God?
	4. Find Humor What brings you Laughter or a smile?

	5. Look for Beauty What brings you beauty or comforts you?
	6. Be Physically Active What action can you take to keep you moving and bring energy?
	7. Eat Healthy Foods What foods do I need to eat more of to support having a clear mind and strong body?
	8. Know Your Anchor (Ask for Help) Who or what is your anchor or rock that can help you access what you need? Who can give you support?
	9. Express Gratitude What are you grateful for? Who could you express your gratitude to in a special way?

As you reflect on these questions, consider choosing 2-3 actions you can take this week to practice self-care. This will allow you to be more resilient, tap into your creativity and be available to serve and lead others as you navigate the challenges of the pandemic.

Selfcare is never a selfish act – it is only good stewardship of the only gift I have, the gift I was put on earth to offer others – Parker J. Palmer