

RESOURCE LIST

June 8, 2020 + Southeastern District Video Conference for Professional Church Workers and Congregational Leaders +
“Walking Together: Caring for One’s Family and Self During Uncertain Times”

Care for Self

SED Church Worker Self Care Assessment

http://4f76d818da408bb189a4-8618b06b40f31494140c01b0d4572d23.r39.cf2.rackcdn.com/uploaded/p/0e9437544_1572271906_plan-for-self-care-2019-revision.pdf

This assessment created by Stacey Tasler Crosson helps church workers reflect upon their current wellness practices and create a self-care plan for greater personal wellness when crisis comes.

Coronavirus Anxiety Workbook

<https://www.bc.edu/content/dam/bc1/offices/StudentAffairs/counseling/PDF/Coronavirus-Anxiety-Workbook.pdf>

An excellent, free, comprehensive tool to help build resilience during COVID19.

Self-Care for Church Leaders During COVID

<https://www.episcopalrelief.org/wp-content/uploads/2020/04/Self-care-for-Church-Leaders-During-COVID-19.pdf>

One of the best summaries on the importance of self-care during COVID by Episcopal Relief.

Decision Fatigue

<https://community.findmynextstep.org/2020/04/28/decision-fatigue/>

Article written by Justin Rossow on the malady of decision fatigue and how to cope with it.

Surviving the Stained Glass Window

<https://www.amazon.com/Surviving-Stained-Glass-Jungle-William-Self/dp/0881465178>

Book by Pastor Bill Self addressing self-care for pastors.

Holding up the Prophet’s Hand

<https://www.amazon.com/Holding-Up-Prophets-Hand-Supporting/dp/075860548X>

Rev. Bruce Hartung presents the challenges church workers face daily, along with positive and encouraging strategies for congregations to support their workers.

Sabbath as Resistance: Saying No to the Culture of Now

<https://www.amazon.com/Sabbath-Resistance-Saying-Culture-Now/dp/0664239285>

Walter Brueggemann, Professor of Old Testament Emeritus at Columbia Theological Seminary, considers the Sabbath in relation to the first Commandment, and the Sabbath as resistance to a series of modern vices, namely anxiety, coercion, exclusivism, and multitasking.

Leadership fatigue and the Biblical Sabbath

<https://www.biblicalleadership.com/blogs/leadership-fatigue-and-the-biblical-sabbath/>

Church consultant Jim Farrar provides seven reasons for and benefits of Sabbath keeping.

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life

<https://www.amazon.com/Boundaries-When-Take-Control-Your/dp/0310247454>

A must read for establishing clear and healthy boundaries.

Care for Family

Mental Distress Among Americans Has Tripled During Pandemic – Time Magazine

<https://time.com/5833619/mental-health-coronavirus/>. Original study found at <https://psyarxiv.com/wc8ud>

Most recent study (currently in preprint) on mental health of Americans.

COVID Time Capsule for Kids

<https://letsembark.ca/time-capsule>

This free, printable journal helps kids better understand and express their feelings.

Summer Family Scavenger Hunt

<https://www.firstlutheranchurch.org/scavenger-hunt>

A fun scavenger hunt created by DCE Susan Fogelman for families to complete over the summer months.

CCD Checklist for Families

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html>

This CDC checklist helps families plan and make decisions that will offer protection during COVID-19.

Helping Children Cope

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

This CDC resource provides practical tips for parents to respond confidently and calmly to the daily life stressors at home during COVID-19.

Grandparents and Day Care

<https://emilyoster.substack.com/p/grandparents-and-day-care>

Emily Oster (mom, economics professor, and author of Expecting Better) shares a framework to help parents decide between day care or grandparent care for their children during COVID.

Is It Safe To Go To The Beach? Camp? Eat Out? Here's How To Evaluate The Risks

<https://www.npr.org/sections/health-shots/2020/05/23/861325631/from-camping-to-dining-out-heres-how-experts-rate-the-risks-of-14-summer-activit>

NPR hosts a panel of infectious disease and public health experts to rate the risk of summer activities, from backyard gatherings to a day at the pool to sharing a vacation house with another household.

Emotion Coaching – The Heart of Parenting

https://www.gottman.com/product/emotion-coaching-the-heart-of-parenting-online/#utm_source=facebook&utm_medium=social&utm_campaign=emotion-coaching

Dr. John Gottman, leading relationship expert, shares a five-step method that builds emotional intelligence and creates positive, long-lasting effects for children from toddlers to teens.

Grieving the Semester that Wasn't

<http://faithparent.marxhausen.net/>

Dr. Kim Marxhausen provides practical advice to parents on how to emotionally coach your kids during COVID.