

PDA Webinar: Resiliency for Church Leaders

Here is the link: <https://pda.pcusa.org/page/esc-webinar/>

2:40 – **Definition of Resilience:** the ability to bounce back, to remain flexible and functional in the midst of stress.

3:00 – **Three Keys:** self-care, telling our stories, and positive relationships

- Calm, reflective leadership
- Diet, sleep and exercise are building blocks
- Spiritual habits

3:43 – **Observe your breath**

- Stand or sit comfortably, relax, and observe your breath

5:45 – What do I find meaningful about the work that I do?

7:00 – I do this work because... (write one line)... Staying in touch with our values brings resiliency

- 8:30 – **Doorway Affirmation** as work begins: “I do this work because...”

9:30 – **Impact of stress on the body**

10:30 – **Stressors:** What stresses me out?

12:07 – **What happens physically in your body when you feel stress?**

- Feel tired
- Tunnel vision
- Higher blood pressure
- Muscle tightness
- Tunnel vision

13:17 – **Changes in Brain: Fight or Flight**

- Higher functions of brain are less efficient:
 - trouble thinking logically or focusing
 - the ability to use our words or control emotions

15:07 – What are most common stress reactions?

- Physical, behavioral, emotional, relational?

16:10 – **4-7-8 Breathing Exercise**

19:40 – **Tighten and Release Muscles**

- Choose a couple of relaxation exercise to practice every day
- Choose the same time of day to practice the tools
- Create a practice reminder
- Make the practice automatic and then autonomic

23:20 – Stressors do not have to lead to a stress response. We have options. Awareness gives us the option to choose a different response.

- Frankl quote paraphrased / discussed: “Freedom is the ability

25:35 – **Options for self-care**

- Rest
- Hobbies (new or old)
- Keeping meal times just for meal times
- Limit and be intentional about social media and exposing ourselves to news

27:30 – **Diet, sleep and exercise are crucial for healthy brains and mental health**

- Follow PCP directives
- Mediterranean Diet is a healthy lifestyle
- Sleep 6-8 hours per night leads to better mood and less stress
 - Sleep rhythm gives our bodies cues to enter into recovery mode
- Exercise stimulates body's feel good hormones: endorphins!
 - 20-30 minutes per day is recommended

30:15 – What are 2-3 things you can do to improve your diet, sleep and exercise?

31:05 – **Stress Relief as Faith Leaders**

- Dressing for work keeps work / life balance
- Specific place to work
- Establish office hours
- Set your phone to do not disturb

32:40 – **What things bring you joy?** Make a commitment to do them!

- Hobbies
- Places
- Fun and funny
- Start and End our day with something that lifts spirits and brings pleasure
- What are 2-3 things that come to your mind?

35:00 – Grounding Tools break the cycle of the stress response

35:52 – **Two Grounding Tools**

- #1 Something you can touch
- Let your fingers quietly explore the object: notice texture, shape, size
- Notice what it does to your focus and inner calm
- #2 Rub your feet upon the ground: notice, notice...choose calm

38:15 – **Relationship Essentials:** have one or two people in our life who will listen to us

- What are the benefits for you of your telling your story to someone else?
- Make Meaning
- Become more aware of how events affected us
- Deepen our relationship with one who is listening
- Lessen impact of stressful events
- Reminds us we are not alone
- Telling positive stories, too!

41:00 – With whom do you talk with regularly about your stressors as well as positive events

- **Intentional Listening Partner:**

- Someone other than your spouse
- May need to talk out your engagement with others' stress
- May realize you need support, encouragement and accountability
- May need help when stress overwhelms
- Someone who maintains confidentiality
- Someone who does not give advice unless we ask
- Someone who won't talk about their own stuff
- Can be reciprocal but does not have to be

44:00 Name 1 or 2 people who can be an **Intentional Listening Partner** for you?

44:45 – Important to have conversations with a relaxed body so use the tools before the conversation

45:15 – Take time and make time for important, positive relationships in your life

- Who are the important relationships in your life?
- What are you doing to be intentional about these conversations?

46:40 – **Active Spiritual Life:** it's okay to prioritize our own spiritual life and well-being

- What enlivens you?
- Prayer, walks, Scripture study?
- You are NOT too busy, nor should you be too preoccupied, to give yourself the gift of your spiritual life

48:00 – **Act of Gratitude:**

- Less likely to burn-out
- Increased happiness, mental health and life satisfaction
- Keeping a gratitude journal increases overall happiness
- For what and for whom are you grateful? Write at least three things.

50:15 – **Centering**

- Meditate on a word, phrase or Scripture verse
- Repeat over and over until you come to a place of stillness
- If outside events invade your thoughts, gently release them and return to the centering phrase

52:43 – **End of the Workday:** set aside your work to create a boundary / signal rest to yourself

53:45 – **Shake your Booty!**

- Shake your entire body
- Notice the tension release in your muscles

54:20 – **Vigorous Exhale**

- Let out a big, whoosh of breath
- Notice the tension release in your muscles

55:25 – What is one insight or idea you want to take with you in the coming days or weeks?

- Write it down.

- Be intentional.
- Accept encouragement.
- Allow another to hold you accountable to be good to yourself.