



Re-Frame, Re-Focus & Re-Tool for Resiliency

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Stress during the Covid pandemic are multiplied by church concerns and can manifest in the following:

Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.

Changes in sleep or eating patterns.

Difficulty sleeping or concentrating.

Worsening of chronic health problems.

Worsening of mental health conditions.

Increased use of tobacco and/or alcohol and other substances.

WARNING SIGNS OF POSSIBLE DISTRESS

Withdrawal — Recent social withdrawal and loss of interest in others

Drop in functioning — An unusual drop in functioning, at school, work or social activities, such as quitting sports, failing in school or difficulty performing familiar tasks

Problems thinking — Problems with concentration, memory or logical thought and speech that are hard to explain

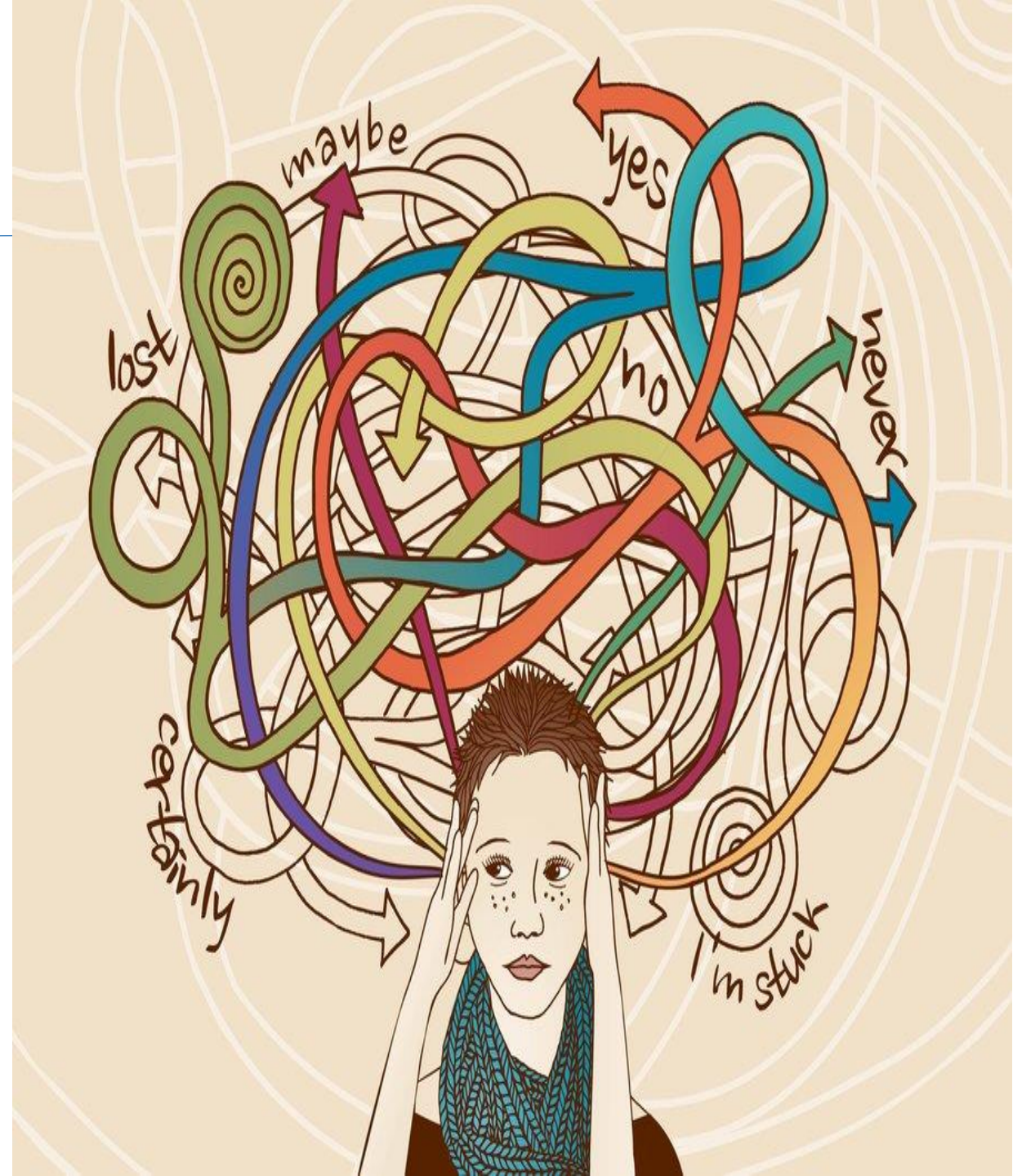
Increased sensitivity — Heightened sensitivity to sights, sounds, smells or touch; avoidance of over-stimulating situations

Apathy — Loss of initiative or desire to participate in any activity

Feeling disconnected — A vague feeling of being disconnected from oneself or one's surroundings; a sense of unreality

Ambiguity Loss of Space and Place

- Ambiguous Loss is a problem psychologically when there are feelings of hopelessness that lead to:
 - Depression
 - Passivity
 - Feelings of Ambivalence causing
 - Guilt
 - Anxiety
 - Immobilization



Biopsychosocial & Spiritual Experience We Are Facing





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Stress Awareness: Identify 5

- Ways my body reacts to stress.
- Ways in which my personal life is affected by stress.
- Ways in which my professional/vocational life is affected by stress.

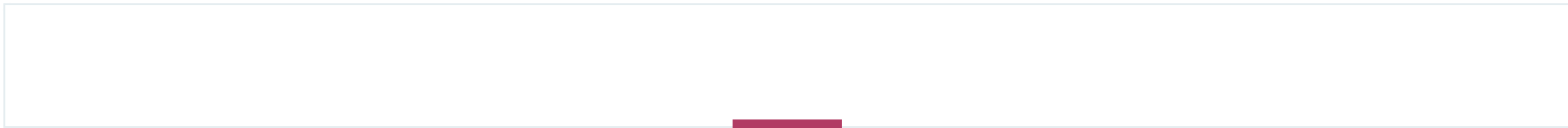
Scripture Speaks to Our State of Being

- As for me, Daniel, my spirit within me was anxious and the visions of my head alarmed me (Dan. 7:15-16).
- Anxiety in man's heart weighs him down, but a good word makes him glad (Prov. 12:25)
- Jesus says: Do not be anxious about your life...which of your by being anxious can add on cubit to his span of life?
- Do not be anxious about tomorrow, for tomorrow will be anxious for itself ...fear not, little flock, for it is your Father's good pleasure to give you the kingdom (Matt 6;19, 25; Luke 12;22).

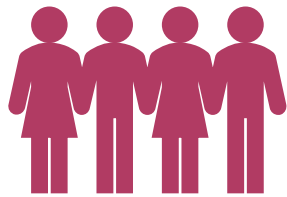


Continuum of Mental Health Well-Being

Let Go of Binary Thinking



Why We Are Overwhelmed



External Demands

Job Stress, especially demands and criticism from parishioners

Life unpredictability

Social Isolation

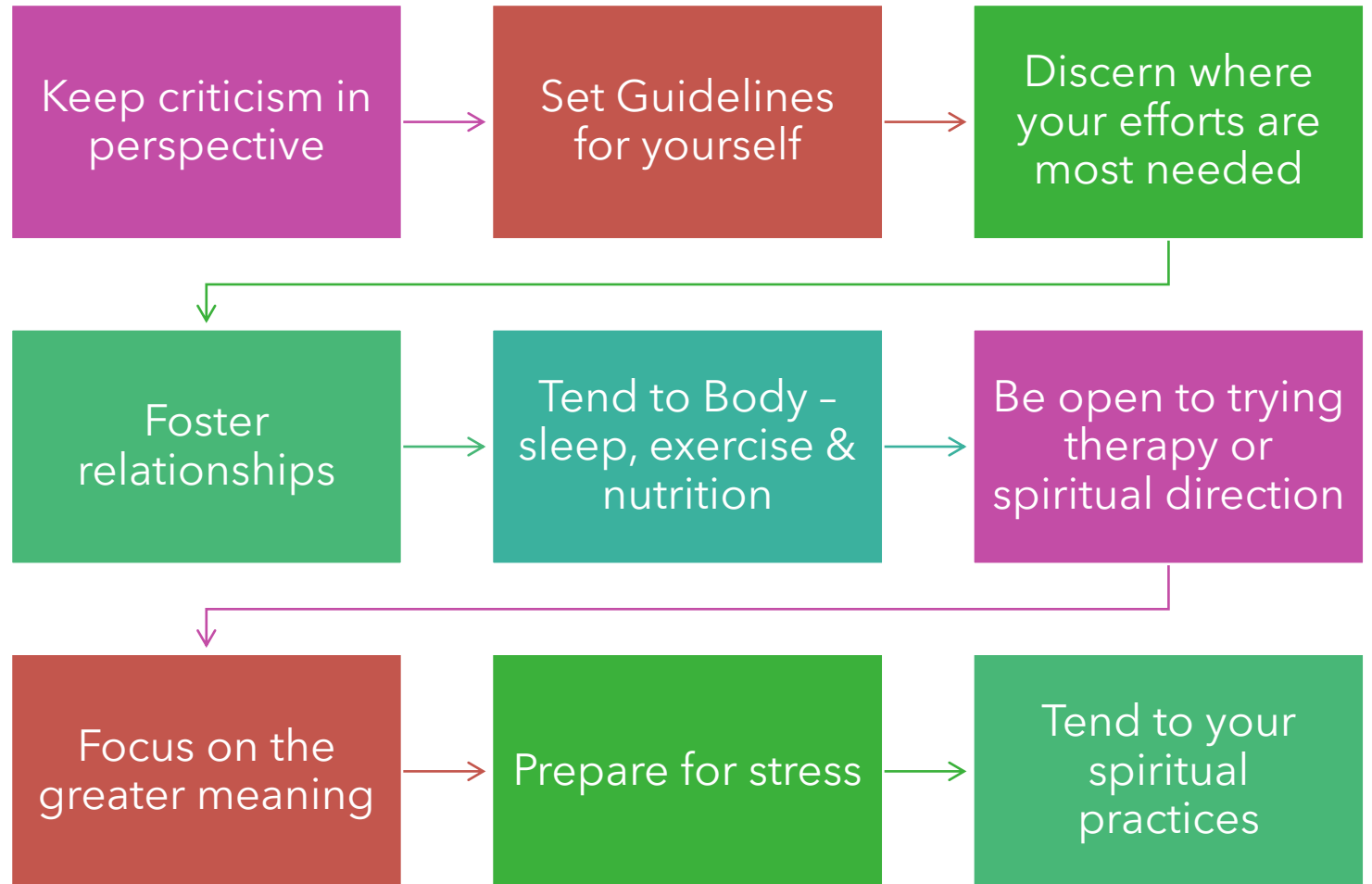


Internal Demands

Feeling guilty about not working enough

Doubting one's call

Responding/Coping with Being Overwhelmed



5 Things You Should Know About Stress

Confidential National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week

- 1. Stress affects everyone.
- 2. Not all stress is bad.
- 3. Long-term stress can harm your health.
- 4. There are ways to manage stress.
- 5. If you're overwhelmed by stress, ask for help (Faith Community/Mental Health Providers)





How Do I Know Someone is Experiencing

ANXIETY OR DEPRESSION?

HOW AN ANXIETY DISORDER DIFFERS FROM EVERYDAY ANXIETY:

- It is more **severe**.
- It is **persistent**.
- It **interferes** with the person's activities, studies, and family and social relationships.
- If not treated, it continues to cause real **pain** and **distress**.

HOW DEPRESSION DIFFERS FROM SADNESS:

- It causes feelings of **sadness**.
- It can lead to a **loss of interest** in activities once enjoyed.
- It can lead to physical and emotional problems, like **irritability**.
- It can **interfere** with everyday functioning.



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

*Information provided in the Mental Health First Aid curriculum. *Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.

DEPRESSION

An unusually **sad mood**.

Loss of enjoyment and interest in activities that used to be enjoyable.

Lack of energy and **tiredness**.

Feeling worthless or feeling guilty though not really at fault.

Thinking often about death or **wishing to be dead**.

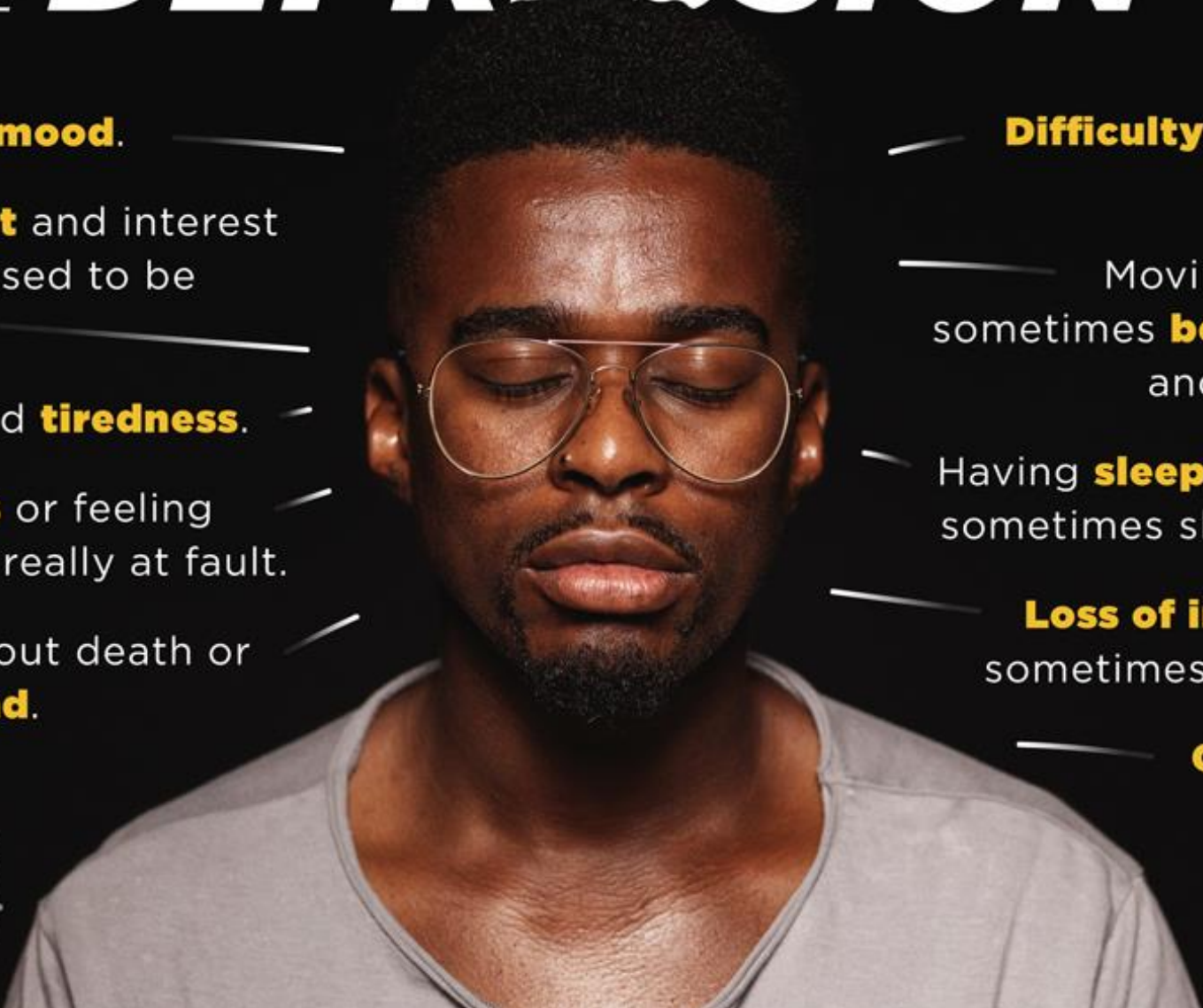
Difficulty concentrating or making decisions.

Moving more slowly or sometimes **becoming agitated** and unable to settle.

Having **sleeping difficulties** or sometimes sleeping too much.

Loss of interest in food or sometimes eating too much.

Changes in eating habits may lead to loss of weight or weight gain.



*Information provided by MHFA curriculum.

Deeper Responding - Beneath the Surface

1

Engage in problem-solving coping, **not just** emotion focused coping

2

Cultivate at least two relationships in which you can bare your soul

3

Avoid social isolation at all costs - it is highly detrimental

Strategies for Self-Care: Intentionality

- Physical Self-Care
- Psychological Self-Care
- Emotional Self-Care
- Spiritual Self-Care
- Professional Self-Care



Responses for Clergy & From Congregations

- Take breaks – honor sabbath
- Release idolatrous thinking that you have to be at peak performance all of the time
- Find someone trusted to talk to (Pastors are reported to be very lonely)
- Exercise & Eat Properly
- Get a hobby or interests outside of ‘Church’ (Peter said I’m gone fishing”
- Cultivate Spiritual Disciplines (too easy for us to forego our own spiritual needs)
- SPRC – Check on Your Pastor –enforce sabbath keeping
- Affirm the work your pastor/pastoral staff are doing (a phone call, a card, etc.)
- Check on the pastor’s family
- Stop comparing your pastor to the pastor down the street

