



Ministry Pivot: How to Pivot Your Self-Care

Description : During this conversation Russell St. Bernard and our guests discuss a topic that is often omitted in many conversations. How do leaders and pastors take care of themselves in the midst of caring for everyone else? You will hear about tools and resources that will help leaders to take better care of themselves.

Conversation Guest:

- Pastor Heather Palacios, Pastoral Staff at Church by The Glades in FL
 - <https://www.instagram.com/wonderful/>
- Pastor Adam Durso, Executive Director of Lead NYC
 - <https://www.instagram.com/adamdurso/>
- Pastor Brian Bullock, Pastoral Staff at World Overcomers in NC
 - <https://www.instagram.com/brianbullock/>

Takeaways:

- Your lack of self-care can result in suicide and the fight for life being lost. Pastor Heather gives the example of several people in her life who lost their battle to suicide.
- A key of self-care is being able to take a moment for rest and refreshment. Pastor Adam speaks of us needing to take those moments in order to be the best of who God has called us to be.
- Pastor Heather shared the importance of being honest with your “three” people. Her three are Husband, Pastor, and Psychologist.
- Pastor Brian warns leaders against people pleasing. If we become people pleasers, we will miss the opportunity to give our best self to those who are the most important.
- We need to reexamine how we receive or want to be acknowledged for what we do, understanding that the ultimate prize or reward should come from Christ.
- We have to be mindful of the difference between what we do for God and who we are in God. Pastor Adam encourages us to make sure that we know the difference and operate more in who we are to God and not just what we do for God.

Resources/Tools:

- Pastor Heather shared these resources for download on ways of taking care of yourself.
 - [Suicide Warning Signs](#)
 - [Suicide Prevention](#)
 - Toll Free Pastoral Care Line (1-877-233-4455)
- Pastor Brian shared his latest book
 - [Living for Legacy: A Blueprint for creating a life that matters](#)
- Pastor Adam encourages you to get a coach
 - www.AdamDurso.com

Final Takeaway:

- As leaders in ministry you need to make yourself a priority and make time for you to fill up your cup before pouring more out.

Discussion Questions: (these questions should be answered with your team if possible)

- When is the last time you scheduled time away or off for self-care?
- Does everyone on your team have their “three” that they can call on when they’re in need?
- What are the activities or events that you do for yourself that don’t involve you serving anyone else?

Podcast Resources

- For more podcasts and articles visit www.ministrypivot.com
- Read the article: [Click Here](#)
- To watch the video of this conversation: [Click Here](#)
- To Subscribe to the YouTube channel: [Click Here](#)
- To Subscribe to the audio Podcast: [Click Here](#)



WWW.MINISTRYPIVOT.ORG

