

Maintaining Emotional Health in Ministry
(excerpted from Bourne, *The Anxiety and Phobia Workbook*)

- I. **Physical**
 - A. Deep relaxation
 - B. One half hour of vigorous exercise daily
 - C. Good nutritional habits
 - D. Monitor caffeine use (if an issue) – less than 100 mg a day

- II. **Mental**
 - A. Countering negative self-talk and using affirmations
 - B. Cognitive-behavioral therapy (CBT)
 - C. Imagery desensitization
 - D. Real-life desensitization

- III. **Relational** – Three things to avoid
 - A. Perfectionism: You are more than your achievements.
 - B. People Pleasing: Deal with criticism objectively.
 - C. Hyper Control: Learn patience and acceptance.

- IV. **Spiritual** – The spiritual disciplines (excerpted from Dallas Willard, *The Spirit of the Disciplines*)
 - A. The disciplines of abstinence
 1. Solitude
 2. Silence
 3. Fasting
 4. Frugality
 5. Chastity
 6. Secrecy
 7. Sacrifice
 - B. The disciplines of engagement
 1. Study
 2. Worship
 3. Celebration
 4. Service
 5. Prayer
 6. Fellowship
 7. Confession
 8. Submission