

# Self-Care for a *SUSTAINABLE* Life on Mission

## Jesus doesn't want you to burn out!

Learning how to practice soul-restoring self-care has never been more important. People are dropping out of radical Kingdom living citing burnout, fatigue and mental health problems more than ever. Churches and mission organizations are struggling to find and keep volunteers. Jesus' call on your life ought not send you into a bad place. Small, yet significant changes, applied to the moments and hours of your life will make a BIG difference in how you feel.

## What do you need to know?

- Jesus moved fast AND slow
- Jesus found his yes AND his no
- Jesus cares about the hormone balance in your body

## Evaluate your self-care. Is it SOUL-RESTORING?

- Does it span the high-leverage realms, like your thoughts, emotions, rhythms, and fulfillment?
- Does your life have adequate variation between fast and slow? In your mornings/evenings? In your days? In your weeks? In the seasons of your year?
- If you feel consistently overwhelmed, exhausted, or burned out then PAY ATTENTION! This should NOT be your normal state of being as you follow Jesus.

## Resources:

1. [Restore My Soul: Reimagining Self-Care for a Sustainable Life](https://janicemcwilliams.com/restore-my-soul/) is a roadmap and a resource for all who want to live their call WITHOUT burning out! It has 23 skills that will show you how to restore your soul WHILE pursuing life on mission with Jesus. **ON SALE AT THE BOOKSTORE HERE ARE URBANA** or learn more/order here -----> <https://janicemcwilliams.com/restore-my-soul/>
2. **Jesus-style self-care resource guide** to keep your balance of hormones optimal for the rich and satisfying life that God truly wants for you. Download this resource here -----> <https://janicemcwilliams.com/Jesus-self-care-pdf/>



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