

heart2heart

WITH

Dr. Tarte

FAITH-BASED PSYCHOLOGIST



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**FAITH &
FULFILLMENT:
TOOLS FOR
MINISTERS TO
DECREASE
STRESS**



WE ALL WANT TO BE HAPPY

Happiness is composed of:

- a) Experiencing positive emotions
- b) Having a sense that your life is good

Being happy in your life and being happy with your life (-Sonja Lyubomirsky)

Subjective Well-Being: A person's cognitive and affective evaluation of his/her life

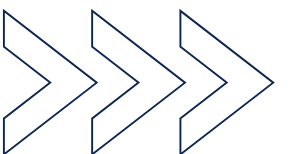


SUBJECTIVE WELL-BEING

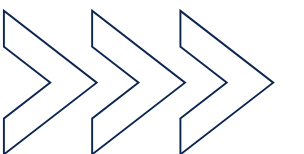
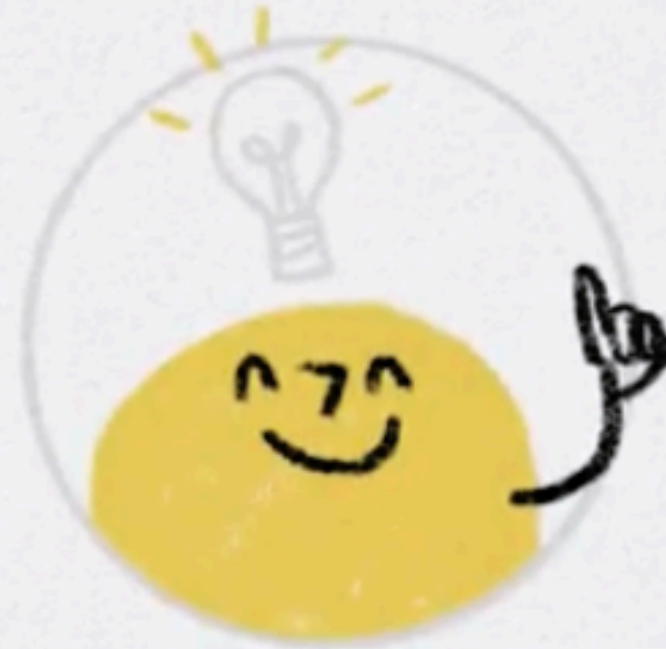
BEING HAPPY WITH YOUR LIFE

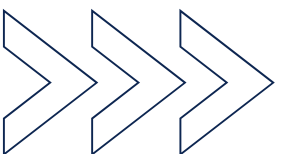


BEING HAPPY IN YOUR LIFE



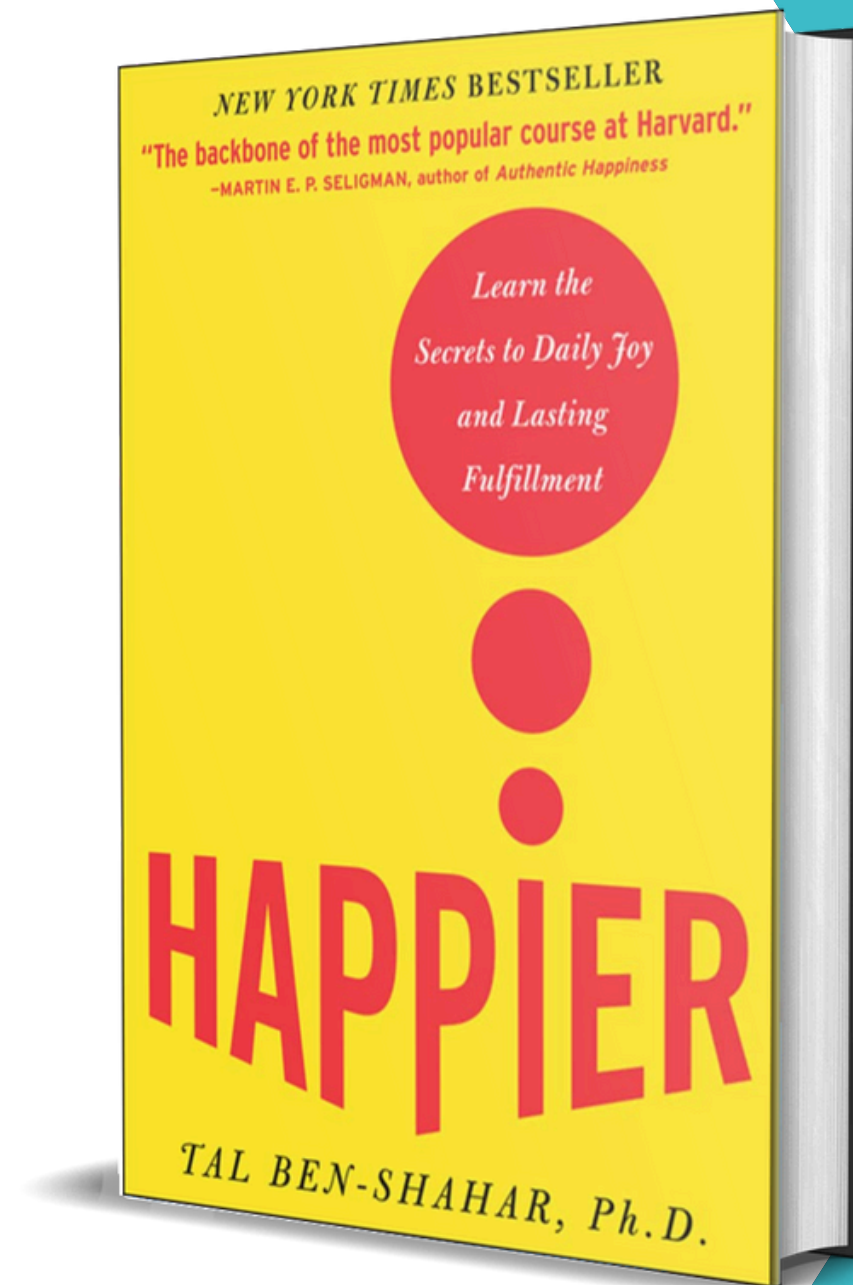
POSITIVE LIFE OUTCOMES

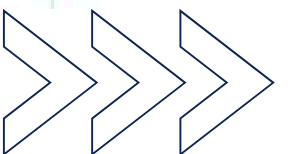
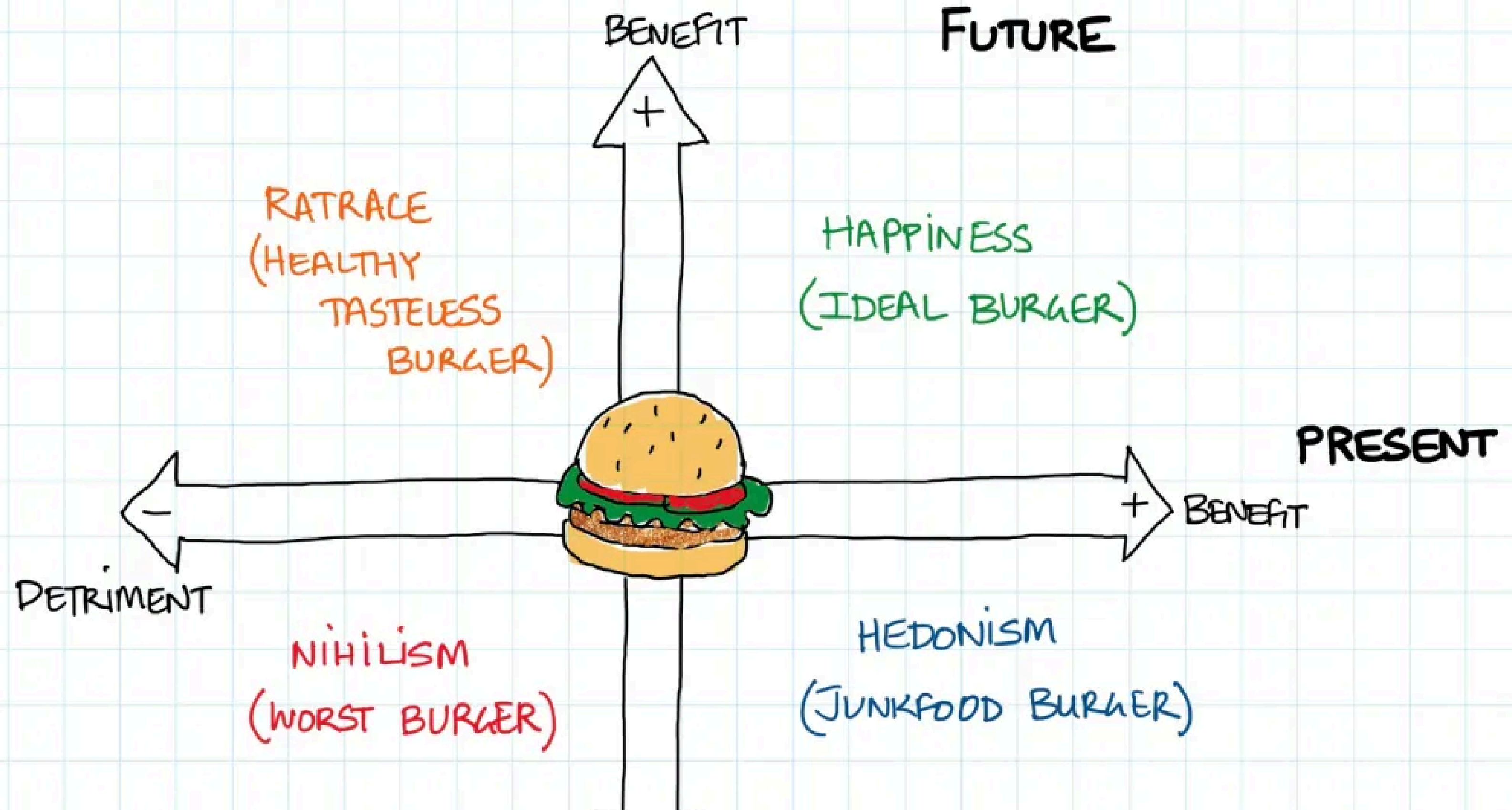




THE HAPPINESS MODEL

- Nihilism- “Existing”
- Hedonism- “YOLO”
- Rate Race- “Delay”
- Happiness- “Thriving”





CHALLENGE OF HAPPINESS FOR MINISTERS

- Emotional demands of congregation
- Work life balance
- Role expectations
- Conflict management
- Self-care boundaries
- Financial issues
- Leader's fallacy (who can you ask for help)



LEADER'S FALLACY IN BIBLE

Moses & Jethro (Exodus 18:17-18):

- 17 Moses' father-in-law replied, *"What you are doing is not good. 18 You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone."*



BURNOUT IN THE BIBLE

Elijah in Despair (1 Kings 19:10-13)

- 10 He replied, *"I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."*



BURNOUT IN THE BIBLE

Elijah in Despair (1 Kings 19:13)

- 13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.
- Then a voice said to him, "*What are you doing here, Elijah?*"



ELIJAH'S DILEMMA

- How do you trust and take care of yourself when there is a legitimate issue?
- Elijah was consumed with fear, exhaustion and sense of failure
- How are you supposed to operate in abundance, excellence, consistency when there is real stress and scarcity?



GOD AS ELIJAH'S PSYCHOLOGIST

- Gave Elijah the basics (rest, food, water)
- Then asked Elijah to:
 - Gain fresh perspective
 - Reevaluate circumstances
 - Find a renewed sense of purpose
- How exactly are we supposed to do that?
- Ready for some tools...



ACT (ACCEPTANCE & COMMITMENT THERAPY)

ACT is a form of psychotherapy that focuses on helping individuals develop psychological flexibility.

- Encourages us to accept our thoughts and emotions versus trying to control or eliminate them
- Emphasizes the importance of committing to actions that align with personal values, even in the presence of difficult thoughts and feelings
- Aims to help break free from unhelpful patterns of behavior and cultivate a greater sense of psychological well-being



ACT TECHNIQUES

1. Acceptance of Emotions
2. Mindfulness
3. Values Clarification
4. Defusion Techniques
5. Commitment To Action
6. Psychological Flexibility
7. Peer Support & Accountability



ACCEPTANCE OF EMOTIONS

1. Acknowledge and accept your emotions related to burnout and stress.
2. Create a safe space to express feelings without judgment or self-criticism.
3. Use the **R.A.I.N technique**



ACCEPTING NEGATIVE EMOTIONS

- Practice fighting the natural urge to suppress bad feelings and learn to accept them
- Use the **R.A.I.N meditation technique** to process negative emotions
 - **Recognize**– realize that at some level we are stuck
 - **Allow**– pause and say, “It’s okay I am where I am”
 - **Investigate**– “What really wants my attention or is going on”
 - **Nurture**– Be kind to yourself and nurture yourself



MINDFULNESS

Mindfulness Practice:

- Involves bringing one's attention to the present moment without judgment.
- Engage in mindfulness exercises such as deep breathing, meditation, or body scan techniques to cultivate awareness and reduce stress.
- Psalm 46:10- He says,
"Be still, and know that I am God"



REGULATING OUR FIGHT OR FLIGHT SYSTEM

- Autonomic Immune System
- **Sympathetic Nervous System** - flight or flight
- **Parasympathetic Nervous System**- rest and digest
- Practice taking deep intentional breaths to calm your nervous system (3 counts in, 3 counts out)



VALUE CLARIFICATION

Values Clarification:

- Reflect on your core values and what truly matters to you in your role as ministers.
- Reconnect with your sense of purpose and identify the aspects of your work that aligns with your core values.



COGNITIVE DEFUSION

- Teaches us to observe thoughts and emotions as temporary mental events, rather than getting caught up in them.
- The goal of defusion is to see thoughts as they are, just thoughts, rather than trying to look from the thought.
- Imagine someone having a recurring thought, “*I’m a failure*” and it leads to feelings of sadness, low self-worth, and avoidance of challenges



COGNITIVE DEFUSION TECHNIQUES

- **Labeling the thought:** Instead of saying *"I'm a failure"*, the person could say *"I'm having the thought that I'm a failure."* This creates distance between the person and the thought.
- **Thanking your mind:** The person could say *"Thanks mind, for that thought."* This acknowledges the thought without buying into it as truth.
- **Singing the thought:** The person could sing the words *"I'm a failure"* in a silly voice like opera or a cartoon character. This takes away the thought's literal meaning.
- **Leaves on a stream:** The person could visualize the thought written on a leaf floating down a stream, watching it drift away.
- **Passengers on the bus:** The person could imagine their thought as an unruly passenger on the bus of their mind that they don't have to follow the orders of.



COMMITMENT TO ACTION

Commitment to Action:

- Set realistic goals and commit to taking action toward self-care and work-life balance.
- This may involve establishing boundaries, prioritizing self-care activities, delegating tasks, and seeking support from others.
- What do you commit to doing?



PSYCHOLOGICAL FLEXIBILITY

Psychological Flexibility:

- Develop psychological flexibility, which involves being open, adaptable, and willing to engage in value-driven action even in the presence of discomfort.
- Explore alternative perspectives, challenging unhelpful beliefs, and embracing self-compassion.
- Burnout is treated by self-care to the level of burnout and not returning to the mindset or environment that burned you out



PEER SUPPORT & ACCOUNTABILITY

Continued Practice and Support:

- ACT is an ongoing process and can be strengthened by practicing the skills learned
- Ongoing support, such as regular check-ins, peer support groups, or supervision, are needed to sustain their well-being and resilience.
- Proverbs 15:22- *22 Plans fail for lack of counsel, but with many advisers they succeed.*



TRANSFORM YOUR MIND

“Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Romans 12:2



CONTACT AND BOOKING INFORMATION



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