

## **MTW Self-Care Assessment**

Assembled by MTW missionaries

**Definition of good self-care:** Good self-care does not mean that a person is without weakness and recognizes that this side of heaven our sanctification will not be complete. Rather, because of the gospel of grace, and because the verdict on our righteousness is already in, it is safe to honestly evaluate and discern areas in our lives that need attention. Being proactively self-aware creates opportunity for change. Further, while there may be many opportunities for improvement, as limited humans we can only face so much at one time. Therefore, we are encouraged to seek God's help in just a few select areas.

### **Spiritual**

- How many days last week did I have a dedicated time of personal time with the Lord including prayer, worship, and time in scripture?
- To what degree would I say that my devotional, reflective, contemplative time is leading me to address true issues of the heart as opposed to simply following a regimen?
- I take the time for reflection which means I see my sin, confess sins, and remind myself of gospel truths which give me peace, hope and a renewed heart.
- If available to me, I worship with a local body regularly.

### **Physical**

- How many hours of good sleep do I get on an average?
- Do I generally feel rested as opposed to fatigued?
- What is my average blood pressure?
- Am I up to date on my vaccinations including the flu shot?
- I eat healthy foods.
- Has my weight changed by more than 10 pounds up or down in the last 3 months?
- I exercise at least 25 minutes a day, 5 days a week?
- I do not have any significant medical issues that I am ignoring?
- Do I drink more than 1-2 alcoholic drinks or use other recreational drugs?
  - Most days | 3-6 times a week | Less than 3 times a week | Almost Never

### **Relationships**

- Do I have access to a local community of believers, and if so, how many times per month am I in fellowship with them?
- To what degree do I feel isolated? This might be because of relationships, lack of assimilation into the culture, self-imposed, dysfunctional team or other?
- I have at least one local relationship wherein I can be transparent and talk about the gospel at the heart level.
- If you are married or in a relationship, do you proactively have regular times nurturing your couple?
- I have healthy relationships outside of my family, team and work.
- I have been out with a friend or friends at least once in the last two weeks.

- I have established appropriate boundaries with others.

### **Emotional**

- What is my current perceived level of stress?
  - Note: there is a survey below that can help you determine the cumulative stress in your life.
  - If you are concerned about the cumulative effect of stress in your life, please contact an MTW counselor or another counselor of your choice.
- In the last two weeks have I felt little interest or pleasure in doing things more than half the days?
- In the last two weeks have I been feeling down, depressed, or hopeless more than half the days?
- I am in an unresolved conflict that is causing me emotional strain.
- I regularly am involved in activities that are helping me grow as a person and a professional.
- How much time do I spend on screens?
- To what degree does your time on screens, social media, videos etc. create imbalance in your life?

### **Work/Personal Time Balance**

- I have learned something new in the last two weeks.
- I take one day a week away from work/ministry for Sabbath rest?
- What non-work activity do I enjoy? How often do I do this?
- As a long term missionary you are allowed 20 days of vacation plus holidays and are expected to take them.
  - Did I take all of my vacation last year?
  - Do I have my vacation planned out for the current year?
  - Do my vacation plans include 1 – 2 consecutive weeks at least once in the year?
  - Have my vacations days been rejuvenating?
- I have daily down time on a regular basis.
- When is the last time I said “No.” to something proposed to me?

Final Question: What do I need right now? It may be physical, emotional, relational, or ministry related? Who can I talk with to express this need?

You may have a long list of concerns but trying to address everything at one time is a recipe for giving up. Only list 2 -3 things you can do to improve your self-care right away. If you need help getting started, please contact a member care worker in your area or the ATL member care and development department! Also, there are many helpful resources on the MTWCare.org site, specifically <https://www.mtwcare.org/self-care.html>.

- 1.
- 2.
- 3.

**Other helpful tools and resources below:**

- Depression Inventory: <https://psychology-tools.com/major-depression-inventory/>
- Stress Inventory: [https://headington-institute.org/files/test\\_how-stressed-are-you\\_edited\\_00549.pdf](https://headington-institute.org/files/test_how-stressed-are-you_edited_00549.pdf)
- Cross-Cultural Worker Stress Inventory: <http://www.mmct.org/wp-content/uploads/2016/08/Cross-Cultural-Worker-Stress-Inventory-March-2011.pdf>