

To Have S'more Joy This Holiday Season Today I will...



Exercise



Regular Sleep



Boundaries



No



Delegate



Practice



Me Time



If I keep skipping one of these things, I'll go back to the website (listed below) and re-read the relevant section so I remind myself **why** I want to do it. When I'm feeling stuck, stressed, anxious, or generally negative, then I'll come back here and choose an activity from the following page.

That's it for now! Enjoy your time today :)



Hi! I'm Sarah Cherry, a Licensed Professional Counselor with more than 16 years working with the faith community. I've developed coping skills from Cognitive Behavioural Therapy techniques and the Bible. I am available for one-on-one virtual

therapy sessions so we can meet wherever you are in Alabama, even on your phone (book an appointment on my website.) Want me to come to your church and lead a discussion on burnout for your staff?

Fill out the contact form below the article at enjoycounselingoptions.com/smore-joy



Remember When Recall the joy and vision you once had in ministry. Why did you start this journey? Imagine if you could go back and tell your younger self how far you've come. That joy is still in there—just needs a little dusting off!

Comparison Detox Stop comparing your church to the megachurch down the street. It doesn't matter if you have 20 or 200 people—focus on your flock and your unique calling. Remember, you're not here for numbers; you're here for impact.

Stop, Slow Down, And Take

Perspective When you have thoughts like, "I'm not making a difference," stop and ask yourself, "Would God say this to me?" Combat negativity with the truth of God's word, logic, and your own unique calling. For instance, God says that I will have, "Power and a sound mind," and I can do this because God has helped me do something similar in the past.

Gratitude Check List ten things you're thankful for each day. Just from the last 24 hours—this habit will change your perspective on the little things that bring joy.

Positive Imagery Visualize God's light guiding your path. Picture yourself in His radiant, warm light, allowing it to strengthen you. Just a minute or two of this can remind you of God's support and encouragement along the way.

Limit Draining Relationships If someone's a major energy zapper, minimize your time with them. Also, establish mutually respectful, shared, parenting commitments. Boundaries aren't selfish—they're self-preservation!

Get Moving Aim for at least 12 minutes of high-intensity exercise (yes, running if you're able) five days a week. Or go for 30 minutes of walking if that's more your speed. Moving your body can lift your spirit and boost those "feel-good" chemicals. Remember, caring for yourself isn't optional—it's essential.

Seek Support Connect with fellow pastors, mentors, or even a mental health professional who can encourage your self-care. Schedule a weekly accountability check-in where you share wins and challenges, even if it's something as simple as hitting that 12-minute daily run goal. Remember, "Iron sharpens iron."

Guilt-Free Fun Do something you enjoy once a week, no guilt allowed! Whether it's painting, fishing, or even that cooking class you've been eyeing, a little weekly fun can be refreshing.

Write A Personal Letter From God

Based on scripture, write a letter as if God were speaking directly to you. Meditate on verses like Matthew 11:28-30: "Come to me, all you who labor and are heavy laden, and I will give you rest..." Reflect on the command, "Take my yoke," and promise, "You will find rest for your souls." It's a reminder that we're called to carry God's work, not ours, and that our load will be lighter in God's hands.

Finish Well Remind yourself that the goal is not just to start strong, but to finish well in life and ministry. Take a moment to celebrate each step forward, no matter how small, trusting that your work has lasting purpose.

