

Self-Care Covenant – Port Huron District
Covenant for Self-Care

For the benefit of my own life and the ministry to which I am called in Christ...

1. I will keep, as a regular practice, the following spiritual disciplines (beyond sermon and teaching preparation). List at least three: _____

2. I will regularly set aside time for family* meals (at least weekly) and family* activities (at least monthly). * “Family” denotes immediate family, extended family, and/or network of friends.
3. I will adhere to the minimum standards for vacation and days off. [1 sabbath day per week; at least 2 weeks/year vacation when appointed for the 1st time; 4 weeks/year thereafter.]
4. I will participate in continuing education experiences every year. [This is not to be considered as vacation time.]
5. I will work towards achieving and/or maintaining personal conformity with medically-recognized health guidelines for height and weight unless such conformity is deemed unsuitable by my attending physician.
6. I will develop and/or maintain personal relationships with the following persons (friends, family, colleagues) to whom I can go for support in times of stress or difficulty. List at least 3 or 4:

7. I will participate in some form(s) of regular exercise appropriate to the particulars of my physical condition and with the knowledge and approval of my attending physician. Briefly describe exercise program: _____

8. I will endeavor to establish/maintain healthy practices with regard to personal nutrition.
9. I will order my personal administrative life through the establishment of legal documents appropriate to the particular circumstances of my relationships: e.g., a personal will, durable power of attorney, living will, and/or guardianship for surviving minor children. I will make known the location of these documents to the following persons (list at least two):

10. I will endeavor to establish/maintain healthy practices with regard to proper sleep.

I covenant all of the above with the following peer-support person or group with whom I will share mutual accountability for our self-care as clergy (please list):

Signature _____

Date _____