

Laity Christian Caregiving Tools

Tools for listening and being present with your colleagues,
family and friends

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Care for yourself first.

We can't do our best at taking
care of others,

if we don't take care of
ourselves.



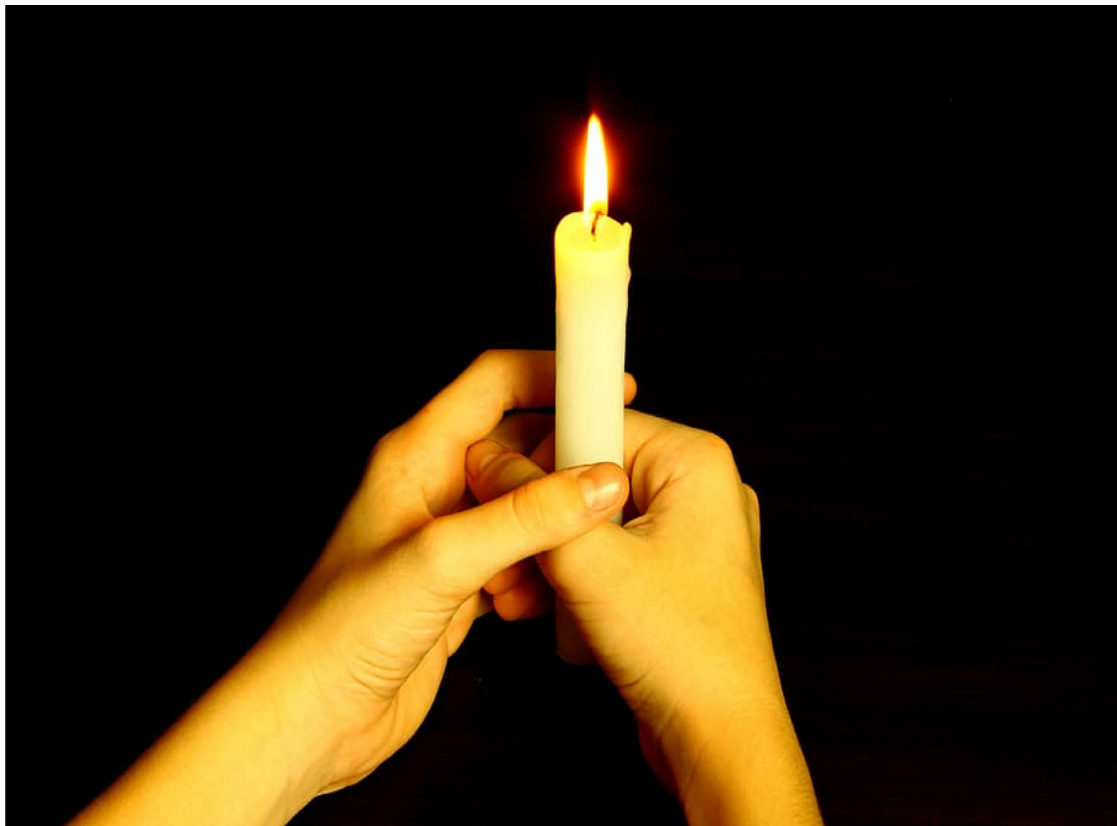
Prayer

Examen

Centering Prayer

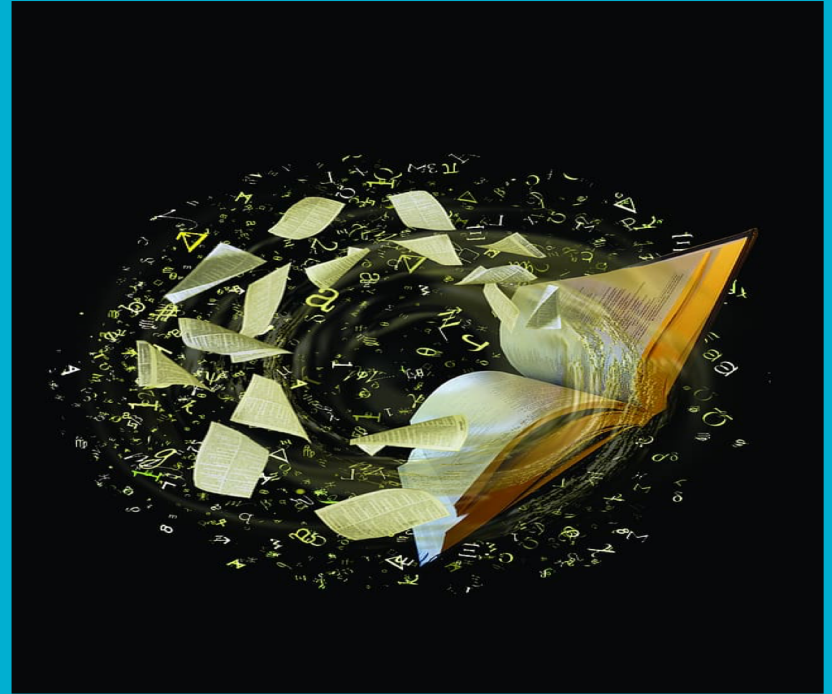
Listening

Intercession



Scripture

- ❖ Isaiah 41:10
- ❖ Daniel 10:19
- ❖ Philippians 4:4-7



Other Inspirational Readings

- We all have our favorite authors.
- Amanda Gorman, Inaugural Youth Poet Laureate
 - The Miracle of Morning
 - <https://www.youtube.com/watch?v=uuA0mF27ral>



Get physical!



- ❖ Breathe...Meditate
- ❖ Journal
- ❖ Keep a gratitude journal and write in it daily.
- ❖ Connect with someone you haven't seen in awhile.
- ❖ Exercise...walk, dance, do yoga.
- ❖ Be silly...tell corny jokes. Laugh!

Caregiver's Compass

Characteristics of a Caregiver

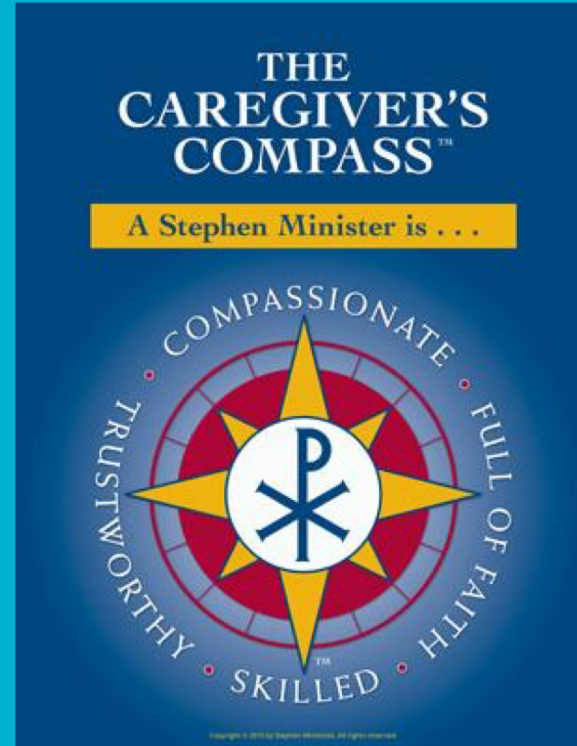
Christ Centered

Compassionate

Full of Faith

Skilled

Trustworthy



Connections



Your
Emotional
Bucket

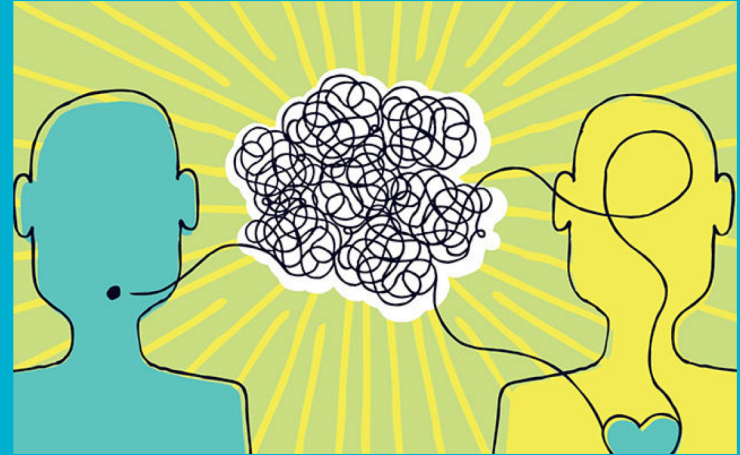
Empathy

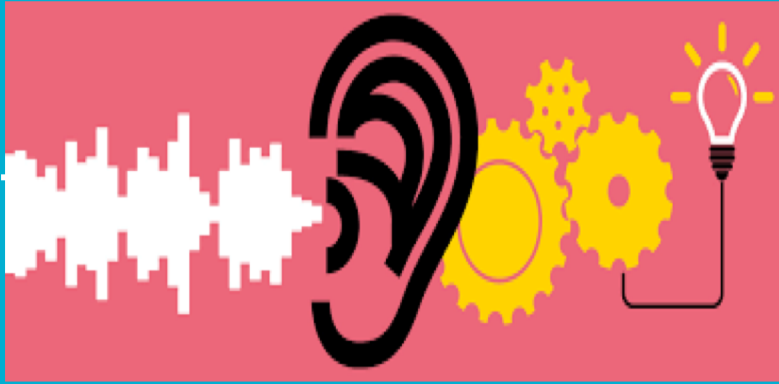


Brené Brown on Empathy - <https://youtu.be/1Ewgu369Jw>

Listening with Empathy and Compassion

- ❖ Listening stance
- ❖ Staying out of judgment and avoid problem-solving





Listening, con't

- ❖ Reflect Thoughts and Feelings
- ❖ Clarify & ask open-ended questions
- ❖ Summarize

Feelings

- ❖ We have to name them to claim them and tame them
- ❖ Loss
- ❖ Grief response: denial, anger, bargaining, depression, acceptance



Feelings Words

Happy

Appreciated
Cheerful
Excited
Grateful
Hopeful
Joyful
Optimistic
Pleased
Thankful

Sad

Alone
Disappointed
Discouraged
Glomy
Hopeless
Lonely
Miserable
Neglected
Resentful
Solemn

Mad

Angry
Bitter
Defensive
Frustrated
Impatient
Offended
Outraged
Revengeful
Spiteful
Testy

Scared

Afraid
Anxious
Fearful
Frightened
Helpless
Insecure
Nervous
Puzzled
Tearful
Useless

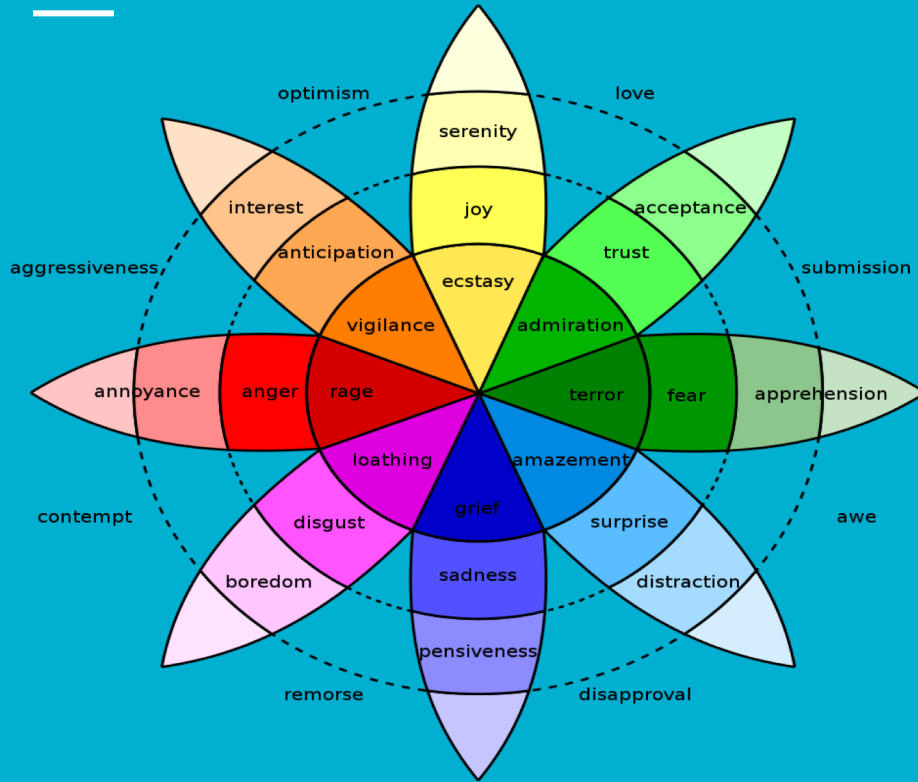
Disgust

Embarrassed
Guilty
Ignored
Inadequate
Incompetent
Inferior
Insignificant
Shame
Unaccepted

Surprise

Astonished
Curious
Delighted
Incredulous
Impressed
Mystified
Passionate
Playful
Shocked
Stunned

Wheels of Emotions



Emotions Color Wheel

The Emotions Color Wheel can help visually group feelings. Click on a feeling in the color wheel to learn more about it.

Scriptural Words of Comfort

Psalm 23

John 14:1

Psalm 27:1-2

John 16:33

Psalm 56:3-4

Romans 8:35-37

Proverbs 3:5-6

Philippians 4:4-7

Isaiah 41:10

Colossians 3:15

Daniel 10:19

1 Peter 5:7

RESOURCES

Stephen Ministries

- <https://www.stephenministries.org>

Books

- *Christian Caring: A way of Life* by Kenneth C Haugk
- *When and How to Use Mental Health Resources* by Kenneth C Haugk
- *Journeying Through Grief* by Kenneth C Haugk
- *Don't Sing Songs to A Heavy Heart: How to Relate to Those Who are Suffering* by Kenneth Haugk

Feelings

- <https://flowingdata.com/2020/03/20/wheel-of-emotional-words/>
- <https://do2learn.com/organizationtools/EmotionsColorWheel/colorwheel/EmotionsWheel13.html>

COMMUNITY RESOURCE GUIDES

The Following links provide information on North Texas Communities Resources:

<https://faithintx.org/covid19/>

North Texas Conference of the UMC COVID-19 Resources:

<https://ntcumc.org/coronavirus-resources>

The Center for Integrative Counseling and Psychology:

<https://thecentercounseling.org/>