

Clergy Self-Care Checklist

Daily • Weekly • Monthly

Daily (pick one)

- 10-minute anchor (prayer/breath/quiet).
- Move 10–20 minutes.
- Turn off push notifications outside work blocks.
- 5-minute debrief before entering home.

Weekly

- 24h sabbath; 4h no-phone.
- Therapy or supervision session.
- Device-free family hour + blessing.
- One joy practice (meal/music/nature).

Monthly

- Stop-Doing review (1 meeting, 1 report, 1 task).
- Consult pod (2x).
- Plan rest for peak ministry cycles.

When to Seek Support

- Persistent insomnia; daily panic; dread most mornings.
- Irritability harming relationships; hopelessness.
- Self-harm thoughts: call/text 988 (U.S.). Immediate danger: 911.