
JAMES
TRAIL
We support the unique needs of families & organizations impacted by trauma.



From Rest to Rejuvenation: Self Care for the Medical Missionary




Proud
Supporter
CLASS
OF
2026
BSN

Part 1: True Daily Restoration: Proper Sleep

Part 2: Resisting Burnout with Simple Steps and Hard Questions

Part 3: Rejuvenating with Community



Sleep: Superpower or Kryptonite



Sleep is not something we do, but something that arrives.

- Dr. Matt Walker


Science + Spiritual


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Quantity
Quality
Regularity
Timing
WE WALK TOGETHER

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Chronotype:

Extreme morning type

Morning type

Neutral

Evening type

Extreme evening type

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Things that affect sleep:

1. Trauma
1. Snoring
1. Sensory Input

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What can we do about it?
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Helpful Tips Based on Science:

1. **Trauma-related impediments =** therapy/community/faith/sleep routine

2. Snoring

www.snorlab.com

3. Sensory Input

-Warm baths and other cutaneous temperature manipulation

-Eye mask

-Sound maker

Other Tips:

Imagery distraction works better than general distraction in falling asleep

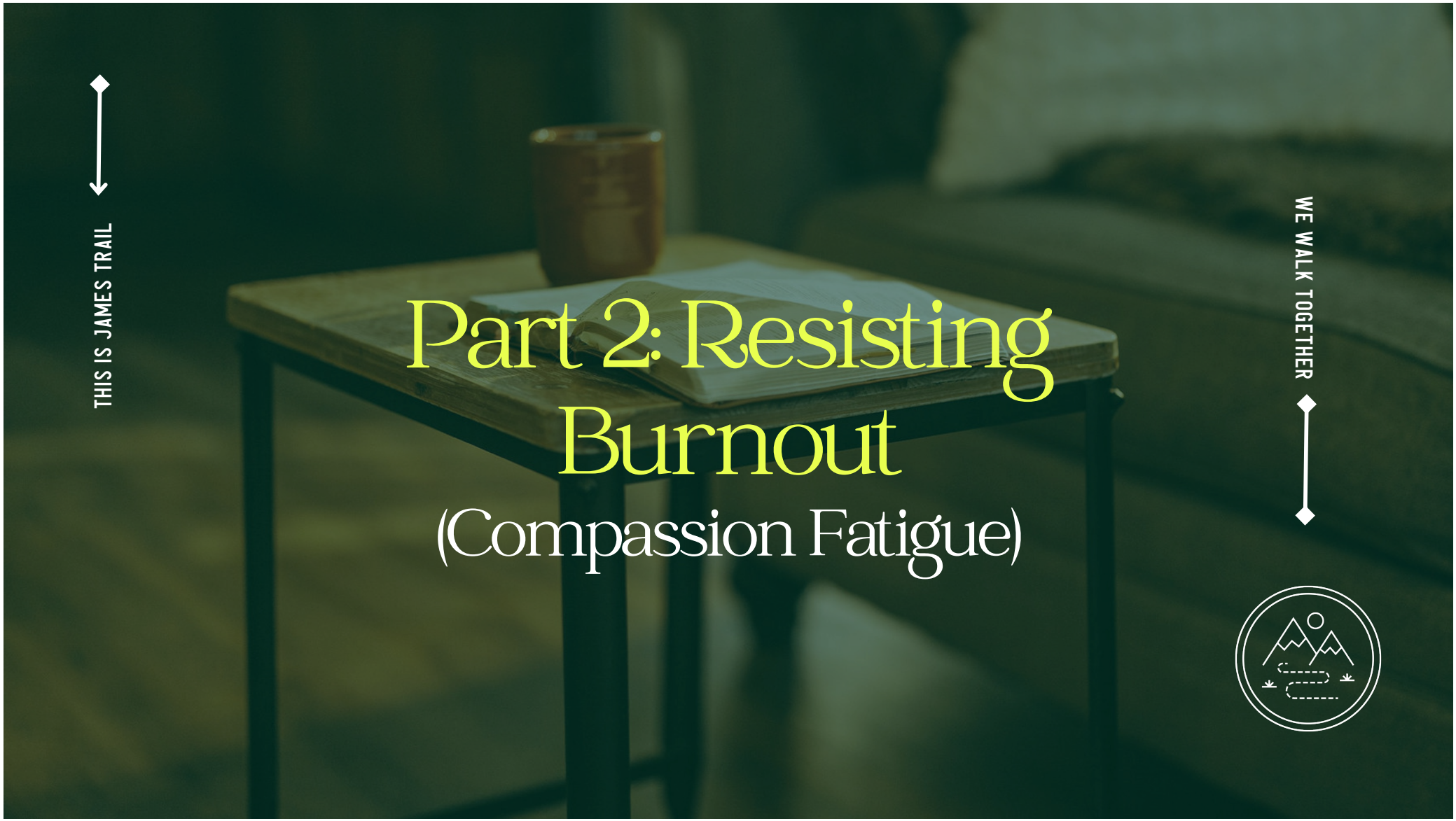
Sleep regularity > sleep duration

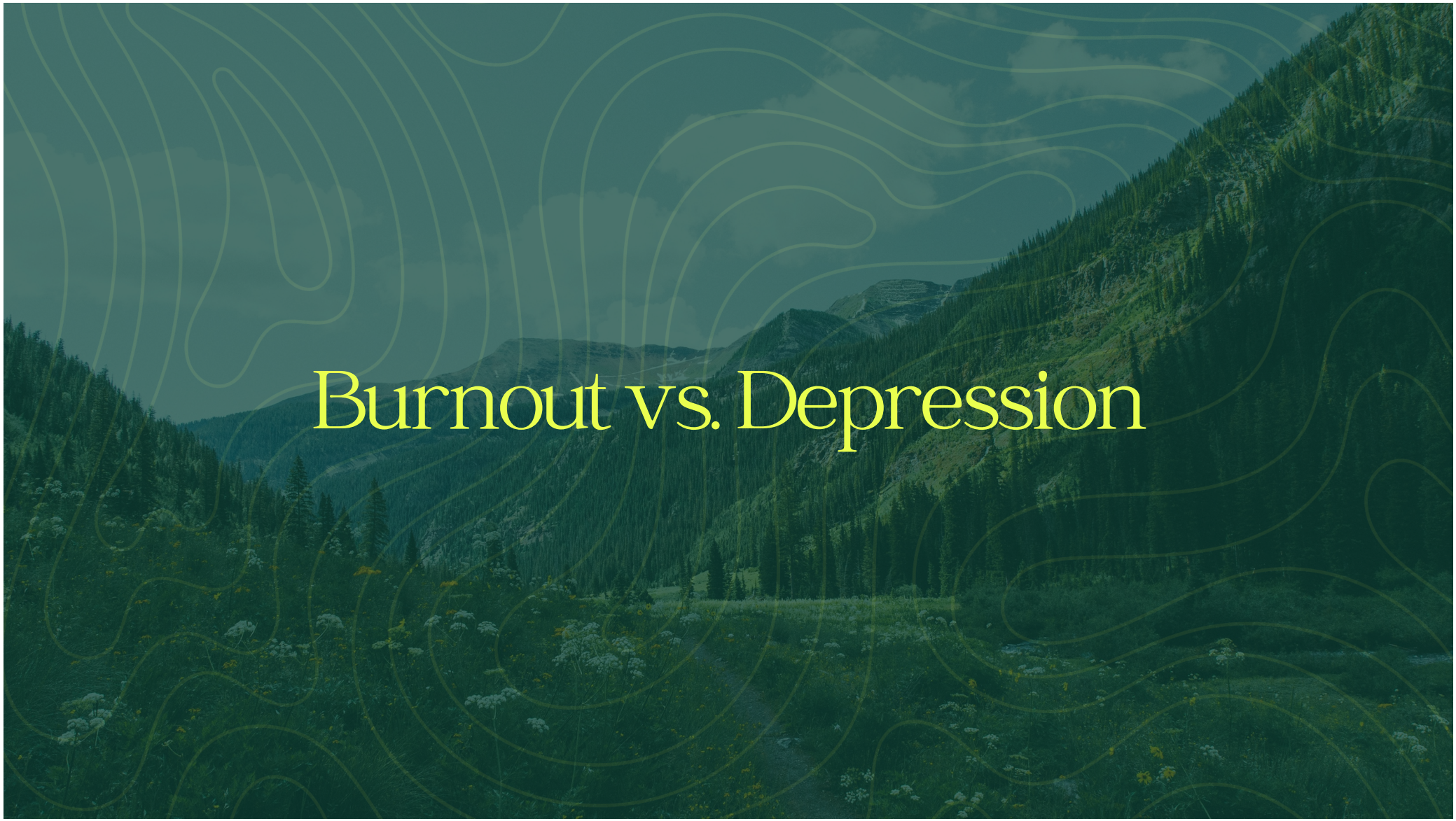
Exercise cardio and strength training

God Uses Sleep to Minister to Us

Elijah - in his exhaustion and trauma

Samuel, Joseph (earthly father of Jesus), Jacob (ladder) - for direction and guidance

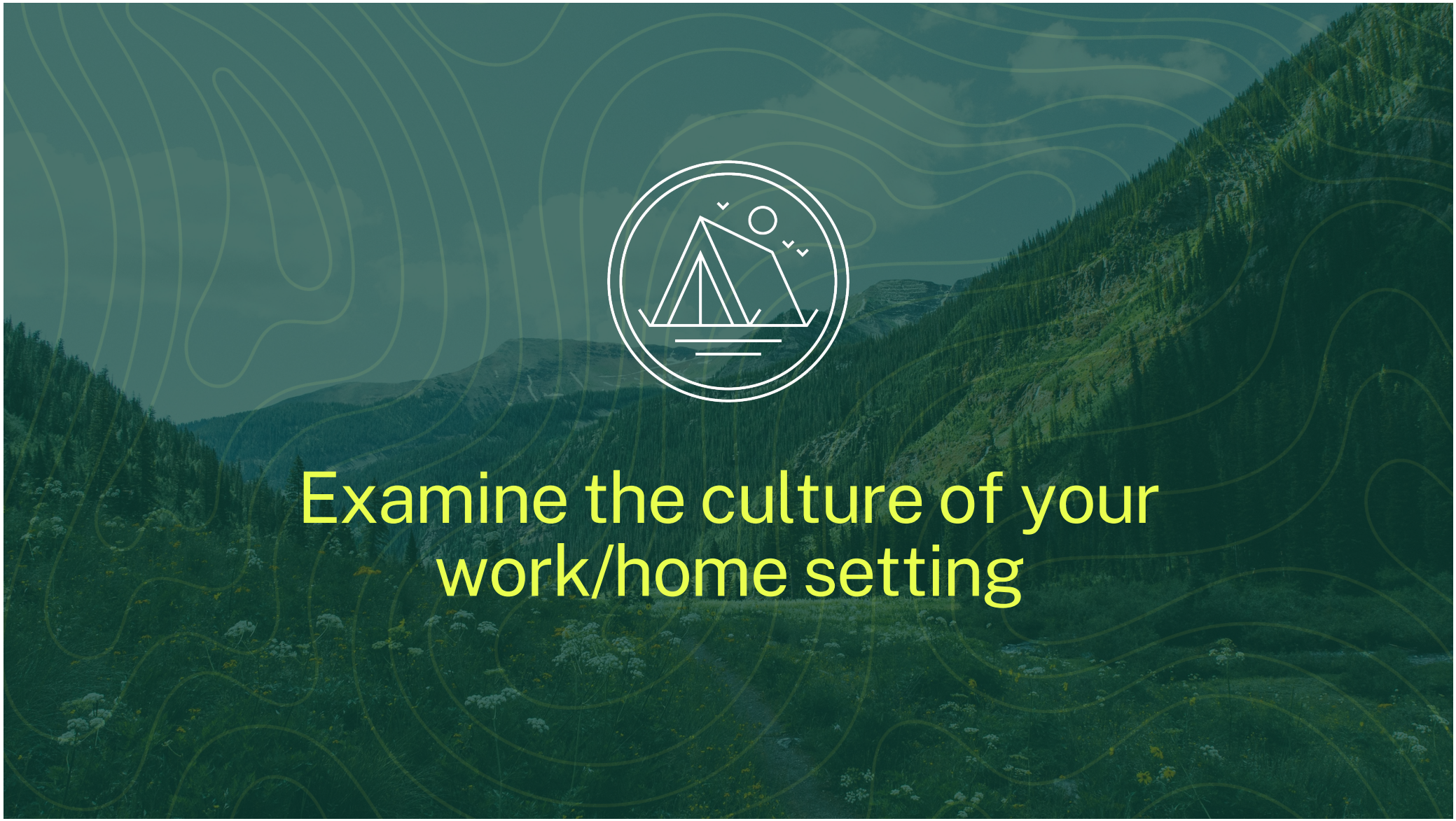

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Part 2: Resisting Burnout
(Compassion Fatigue)
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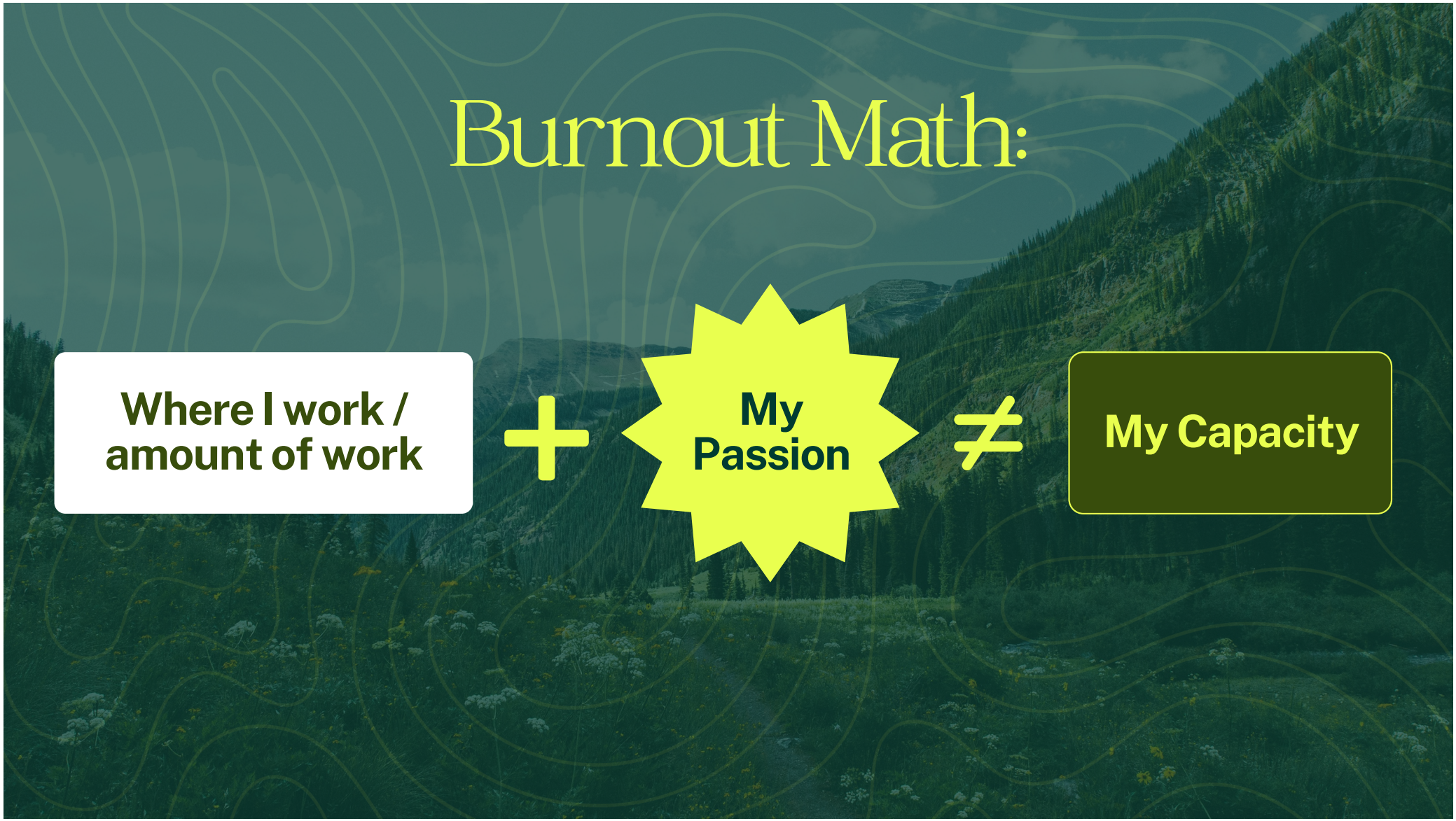

Burnout vs. Depression

Symptoms of Burnout

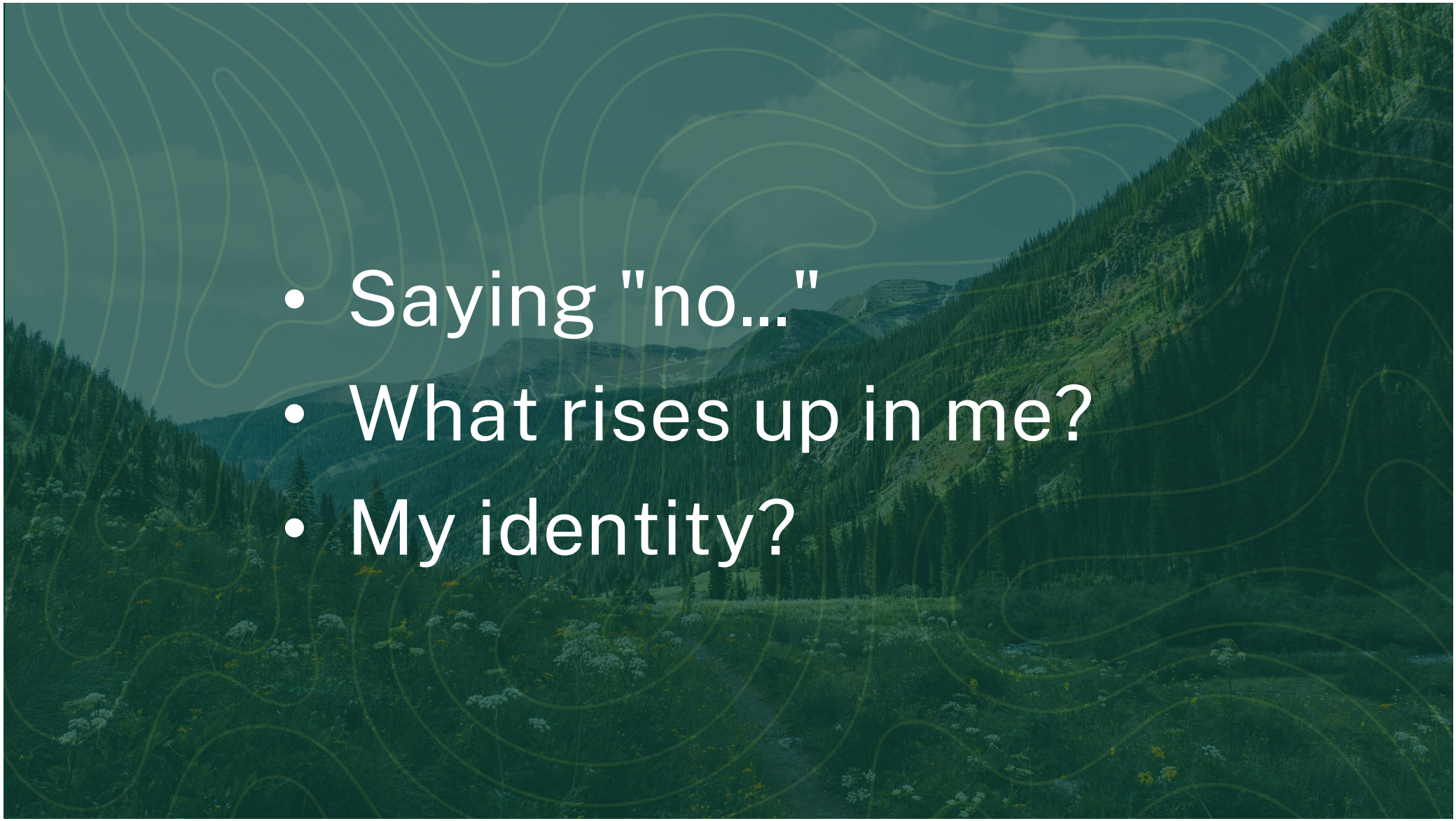
- Feeling drained no matter how much you rest.
- Becoming cynical or detached from the people you serve.
- Feeling like nothing you do makes a difference.


Medical Missions =
Blurry Lines of Work vs. Home


Examine the culture of your
work/home setting


Burnout Math:
Where I work / amount of work
+
My Passion
≠
My Capacity


The Burden of
High Capacity People


• Saying "no..."
• What rises up in me?
• My identity?


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Part 3: The Power of Community
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Community is the most powerful agent *(aside from direct healing from God)* to aid us in going from rest to rejuvenation.

Solid and Faithful Community:

1. Points us to God, reminds us of our faith, and prays for us.

2. Checks in on our mental health.

3. Gives us permission to not be perfect.

4. Helps us uncover where our identity lies when things look blurry.

BE WHAT YOU ARE *SEEKING...*

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Personal Stories

Dan & Meredith

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Highlighted Resources

Chronotype test:
https://qxmd.com/calculate/calculator_829/morningness-eveningness-questionnaire-meq

Snorelab:
https://www.snorelab.com/

Resources
Sleep & Mental Health References

https://www.jneurosci.org/content/33/26/10607

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Resources
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Clinical MedicineReview
Daylight Saving Time and Acute Myocardial
Infarction: A Meta-Analysis

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References

https://www.psychologytoday.com/us/blog/the-science-of-stuck/202511/4-ways-to-break-the-burnout-cycle-that-go-beyond-self-care


Trauma Talk
Short chats about trauma and practical tips.
JAMES TRAIL
On this journey, trauma doesn't get the last word.

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LET'S STAY CONNECTED

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GMHC FEEDBACK FORM

BLOCK 4

BLOCK 6