



**“Soul Care: Caring for Others and for Ourselves”
Especially when Serving under Pressure or on the Front Lines**

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What are the many Meanings of the word **Caring**?
Challenges of Working and Serving Locally, Globally, & Inter-Culturally.

How best to provide good Care for the Human Soul?
How is your **Soul-Care** -- for Yourself and for Others?

How to become more Effective and Balanced in Service and Delivery?
Who qualifies to be called a **Caregiver**? A Calling similar to ministering to humanity!

Similarities and differences between Soul-Care, Humanitarian Care, Clinical Care, and Pastoral Care,
(Psychology, Psychotherapy, & Psychiatry)

Establishing Survival, Harmony, Endurance, Striving, Healthy Equilibrium, and Resilience.

Who will Guard the Guards, Help the Helpers, and Care for the Caregivers?

Cross-Cultural, Muti-National, & Inter-Denominational Caring Services.

Strengths and Weaknesses of the **Servant-Leader**,
Talents & Gifts versus Limitations & Vulnerabilities.

Make a List of your Personal Positive Qualities
versus your Weaknesses & Negative Qualities!

The Character, Confidence, and Career of the Compassionate Caregiver.

Paradoxes & Tensions in the Virtues of Service: Self-Care versus Self-Sacrifice.

Temptations & Polarities in Caregiving:
Over Investing & Empathizing **Versus** Under Investing & Empathizing.

Caregivers need to Watch the Symptoms of Disturbances, not only in Others, but also in Themselves.

Struggling with Injustices, Oppressions, and Sufferings while on the front line in the field: Necessary
Guilt, Heavy Burdens, and Godly Sorrows... (agonies of soul & existential grief).

At many times we Provide Care out of our Weaknesses, not out of our Strengths:
Reflect on the theological concept of **Incarnational Service & Ministry**.

How can you apply the Meaning of the ancient Biblical Term ***Therapia?***

Personality Traits & Psychological Functioning.

High, Moderate, & Low Tolerance (Irritation): How is your Endurance & Resilience?

Integrity/ Accountability/ Authenticity/ Transparency/ Teach-ability/ Responsibility/ Spirituality...

Acute Stress, Severe Symptoms, & Depressive Tendencies

Burnout: An Unavoidable Experience.

Compassion Fatigue, Secondary Trauma, Complex Trauma, Vicarious Trauma.

Self-Awareness, Self-Discovery, & Self-Examination: A Healthy Practice of Introspection.

Capitalizing on the Rewarding Experiences and on the Positive Results and Benefits.

Guidelines for Self & Others Care:

- *Recognize the Hazards of caregiving in the Human services.*
- *Utilize healthy escapes & Refocus on the joys, rewards, & blessings of your work*
 - *Develop steady routines & Safe nurturing relationships.*
 - *Avoid Procrastination and dragging Decisions.*
 - *Cultivate deep reflective life and contemplative spirituality.*
- *Value the strategic help & caregiving you are delivering even in challenging locations.*
 - *Maintain a clear vision and a sense of purpose & personal mission.*
 - *Create small sanctuaries of serenity along the way.*
- *Minding your body by keeping physically active; Watch for early signs of overwhelming symptoms.*
 - *Refer people in need to other caregivers when you are unable to help.*
 - *Reframe disruptive ideas & Restructure negative thoughts.*
- *Practice healthy self-monitoring, self-discovery, & introspection habits.*
 - *Watch for early Symptoms of Burn-out and Depletion.*
 - *Nurture existing Friendships and mobilize mutual Support.*
 - *Engage in Creative activities, ideas, interests, and hobbies.*
- *Follow your passions and widen your horizons. Foster growth & Seek flourishing environments.*
- *Watch also for your colleagues' healthy functioning and welfare and any signs of their dysfunction.*
 - *Seek counseling, mentoring, & coaching when you need it (the earlier the better).*
 - *Often ask others for feedback, support, and encouragement.*
 - *Keep a Positive Attitude with Plenty of Gratitude.*