

When working with people, we can easily get run down.
We lose energy.
Recently, Serving Strong asked the following question
Of its eNews subscribers:

“What do you do to re-energize?”

Below is a compiled list of the responses.
Read down through them.
See if it doesn't spark
Your own creativity to remain strong.

Maybe it's because my job is so varied....I will get up from the desk and go talk with another staff member; or a parishioner comes in to chat; or I run out to do a personal errand. One moment it's a funeral to plan, another it's our Assistant's Ordination plans to discuss, then the phone rings, or there's a meeting to attend. If my battery really runs down, I'll make a cup of tea, run up and down the stairs (our offices are in an old house). Run over to the church to talk with someone there instead of just phoning them. I find that physical activity "wakes me up" - gives me more umpf !

My all time favorite is a walk on the beach or a swim in the ocean. One year when working in New York City, my wife and I spent August at her parents beach house. It was wonderful to be able to leave work, survive the commute and then before dinner even – take a swim in the ocean. This is the ultimate energizer for me but now that I live in Birmingham, AL and it is December, that doesn't work so well. Exercise and sleep certainly recharge my batteries somewhat. I play golf very infrequently (2-4 times per year) due to cost, time and lack of ability. I find that when I do get to play that the activity which combines nature, exercise and completely losing thought of the job is a powerful energizer.

We are energized when the things we do are
in alignment with our values, passions and life purpose.

My suggestion is probably not unique but being a “people person” when I am work, I really value my solitary me time. Any activity that is just me helps me recharge my batteries. I enjoy outdoor activities or just being in my favorite chair with a good novel just to “get away from reality” for a short time helps me re-energize.

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I like to do things where I get to focus on physical exertion (to counter mental exertion). My best restoration activities include bicycling (30 minutes to an hour), walking with my spouse (similar time frame), singing with gusto, and occasional trumpet playing. When my whole self is engaged in an intense activity, I do not have time for OCD over-analysis (the thing that wears me out the most).

This is something that I don't always do planned. When it happens though it always energizes me. I have a 3 1/2 year old granddaughter that loves to be read to and to read to others as only a 3 1/2 year old can do. But when we've gone through many of her books and she turns to me and says, "Papa, tell me a story about Jesus". That melts my heart and energizes me. It usually doesn't stop there. We begin talking about many of the Biblical characters, and I ask her to tell me some of her favorites. She can do it, sometimes better than me. What an energizer!

Some of my energizers in the past were: Working in the garden, listening to music, fishing, playing golf. For me they are usually things that I do alone away from people. Even though I replenish by being alone, sometimes being with family is energizing...others times draining...depending on what we are doing. Going for a walk/jog. Playing a computer game. Some forms of reading, but not books that deal with ministry issues. But as time and circumstances change, it's interesting how I need to find different sources for energizing. I don't have the ones I used to like available now, so I guess I need to work on finding new ones for the next 2 years.

I am an introvert so solitude is my number 1 way of recovering but in ministry that is often the hardest thing to explain to people. Here are a couple of ways I push for what I need. Regular times of prayer daily. I have just begun to set aside 4 times each day to pray. I also have found that a couple of hours in reflective prayer in the church surrounded by the day being fully devoted to God activity (not church work or sermon prep) is a supercharger for me. This is a true Sabbath that is hard for me to work in but I am moving more and more towards it on a weekly basis.

It energizes me to make something with my hands and give it away. It energizes me to take a child for a hike in nature. It energizes me to go cross-country skiing by moonlight. It energizes me to stand on top of a mountain, whether I have climbed it or driven to the top. It energizes me to walk through a storm instead of seeking shelter.

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My two favorite energizers are getting together with a trusted friend and praying about whatever it is that's going on -- the good, the bad and the ugly. And going out with my friends and laughing.... there's always something to laugh about, it just is a little harder to find sometimes!

Playing and piano and singing energizes me. Also, a book in my field with a hot drink and a warm fire in a quiet room.

I'm a Behavioral Therapist working with children with Autism full time while doing a Master's degree at the same time. Approaching insanity, but learning to take time out for me. Just a little. I'm still discovering more of these for myself, but so far I've got a quiet walk, time at the gym, crocheting, and the *ultimate* one is a day of snowboarding. Also, I've recently discovered the beauty of taking time to do 'work organizing' right before / after my work week. This means that I go into the next work week refreshed and energized. I, of course, limit this organizing time, but when I do this, life is better all week long.

Going outside and either mowing grass or pulling weeds is my favorite energizer.

What better way to feel good than to look behind you and see

REAL CONCRETE PROGRESS!!!

Reading a book related to my ministry context. Conversations with colleagues at other churches. Playing with my daughter. Working on my house. "Weekend sabbaticals" (Getting out of town for a couple days for reflection, rest, and/or study).

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Four items:

1. Short-term mission trip
2. Prayer
3. Running
4. Playing basketball

Here are five – off the top of my head: 1. sleep (an early bedtime when I'm maxed out works wonders) 2. exercise (incredible impact on creativity and overall health) 3. laughter (at work, home, church...wherever, laugh) 4. a day off (it doesn't have to be spent on the couch, but yard work, more exercise, clean the garage...anything that's not my regular thing) 5. time with family (not extended family – at least for me – but my own, at home family takes less effort and is energizing)

I am energized by exercise. A good old fashioned long run (not fast and long is a relative term) does more for my mind than for my body. I am also energized by an overnight trip, especially a camping trip, on my motorcycle.

Movement (positive or negative). As a pastor, I get really down in the dumps when I pray hard along with those who pray along with me in the same spirit for something to happen. So, when something happens that I believe came from that prayer (movement) that energizes me and lets me know that God's Holy Spirit is aware of our commitment building the kingdom and intervenes in answer to the prayer.

One simple thing I do to energize myself is to play disc golf.

It is inexpensive to buy a couple of discs, and many of the courses are free to play.

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