



Caring for Self

Dr. Jim Browning



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Who needs care?

- **Prison chaplains**, overwhelmed by the dark side of human nature.
- **Hospital chaplains** exposed to the ravages of pandemics, disease, and death.
- **Military chaplains** associated with decades-long conflict & preparing for a future “peer-to-peer” war.
- **Disaster chaplains**, who can’t get the smell out of their clothes and nose.



Who needs care?

- **Police chaplains** working with overworked, demoralized officers/staff & those suffering from moral injuries & suicidal ideation.
- **University chaplains**, engaged with students with increased isolation, anxiety, depression, and suicide ideation.



Who needs care?

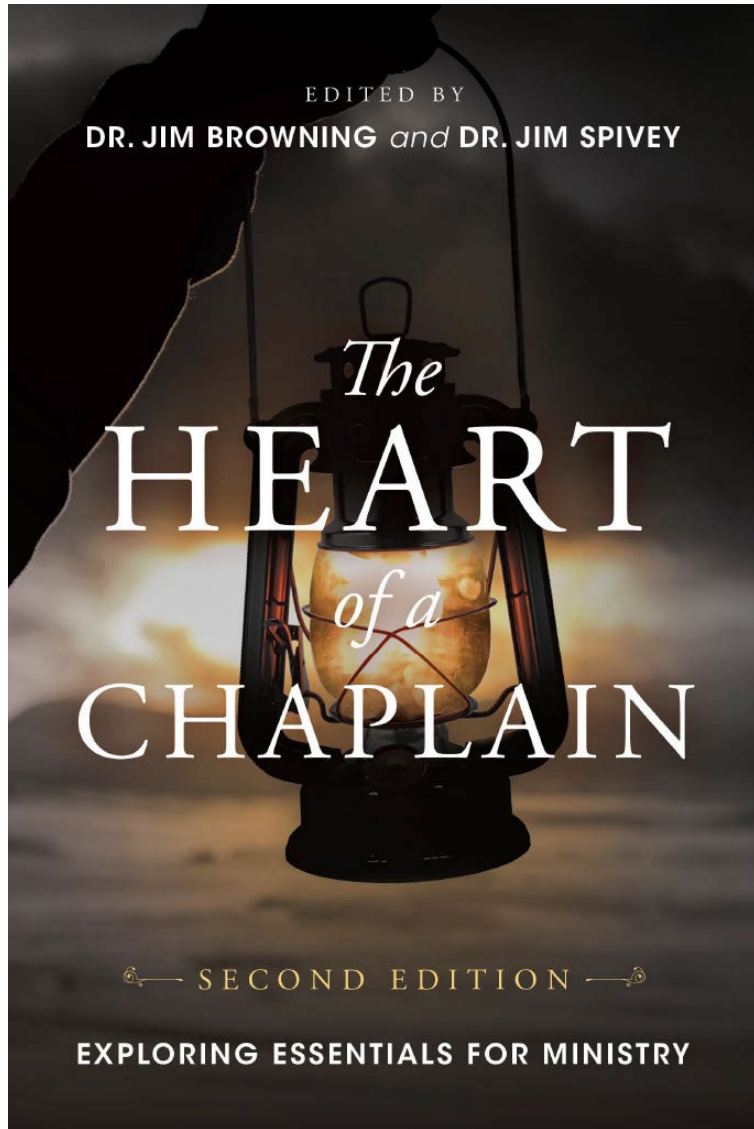
- **Not the untouchable or invincible.** (This person doesn't exist. They may appear strong on the outside but are caving in on the inside.)
- **You?** You each have a story...and the scars.



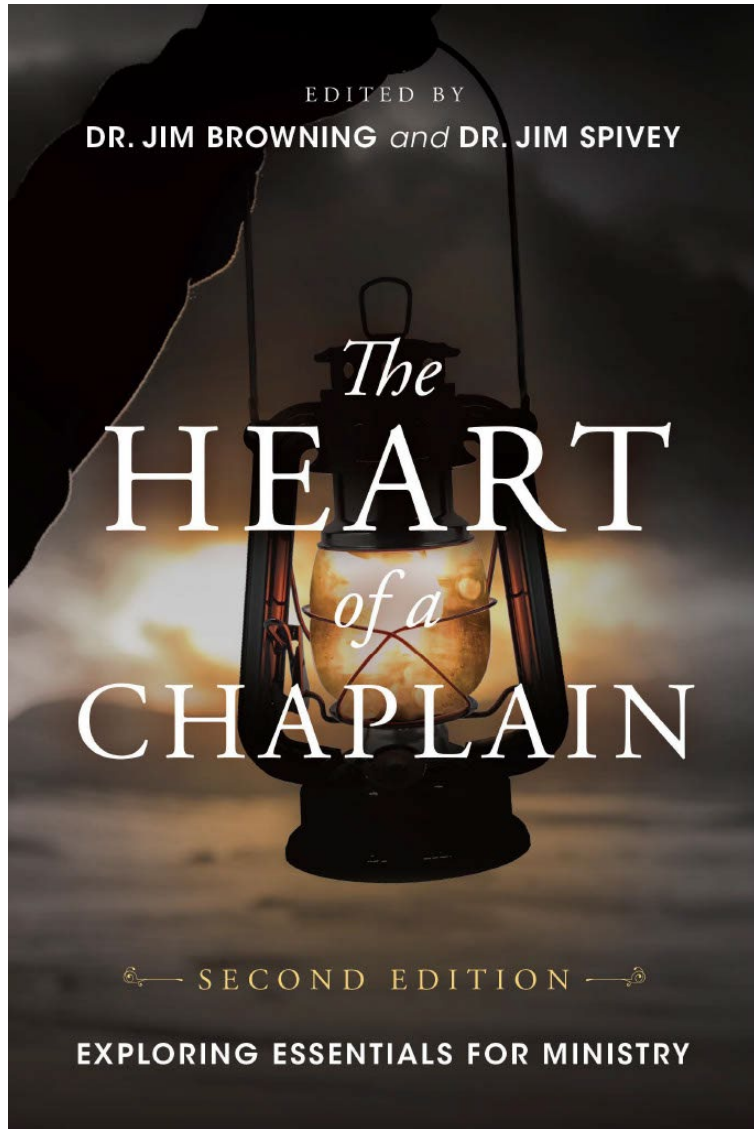
Chaplains and Clergy: Burnout & Compassion Fatigue

“chaplains can experience a deep physical and emotional exhaustion and a pronounced change in the helper’s ability to feel empathy for their patients (police officers, etc.), their loved ones and their co-workers.”

Dr. Lindenfeld, with RESET Therapy



**A visible reminder of
the Holy.”**



“Chaplains fulfill a **sacred calling** to accompany and provide professional support and spiritual nurture for everyone in their distinctive secular communities, which authorize and hold them accountable.”

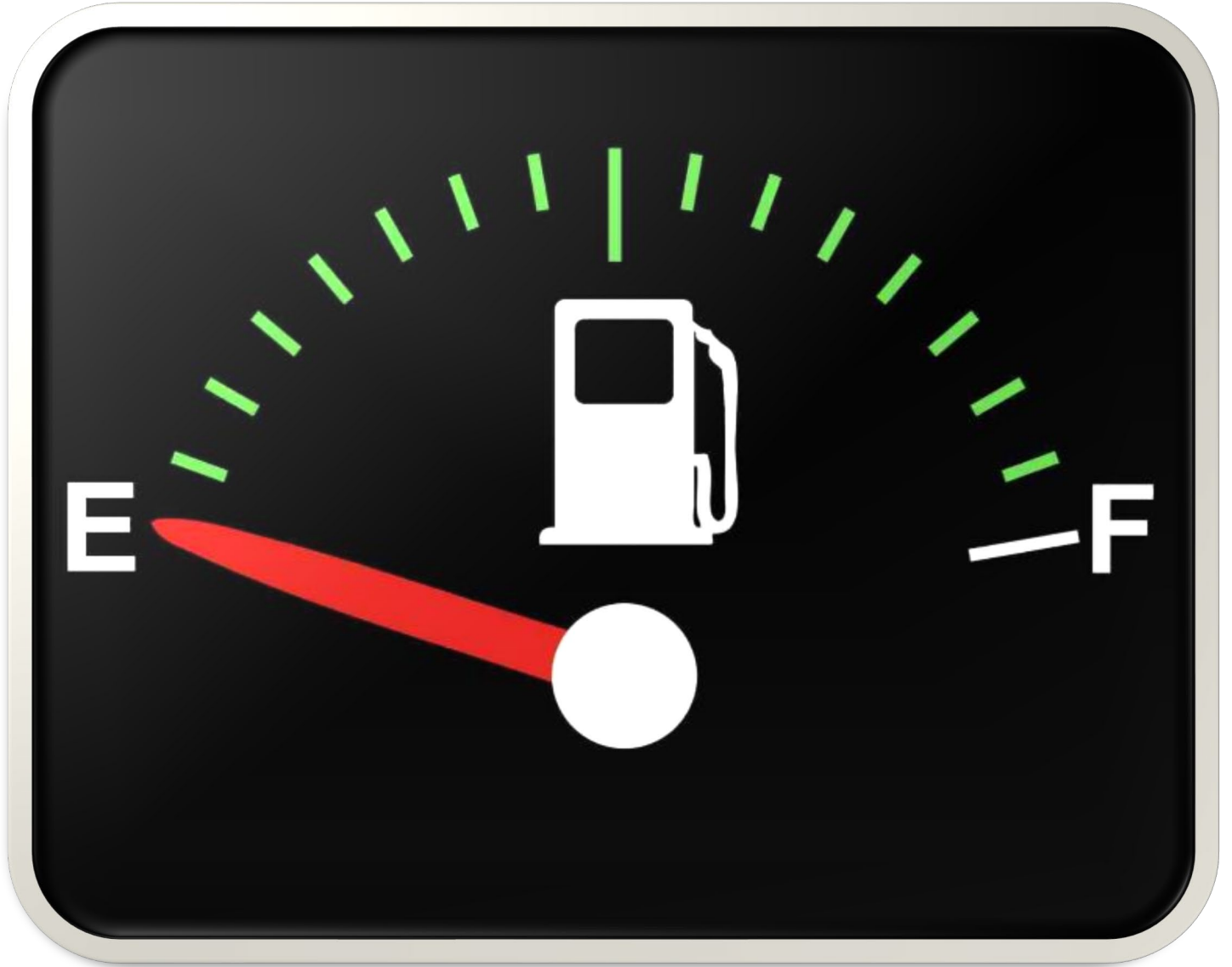


Who you are

What you do



**How do
you care
for
yourself?**



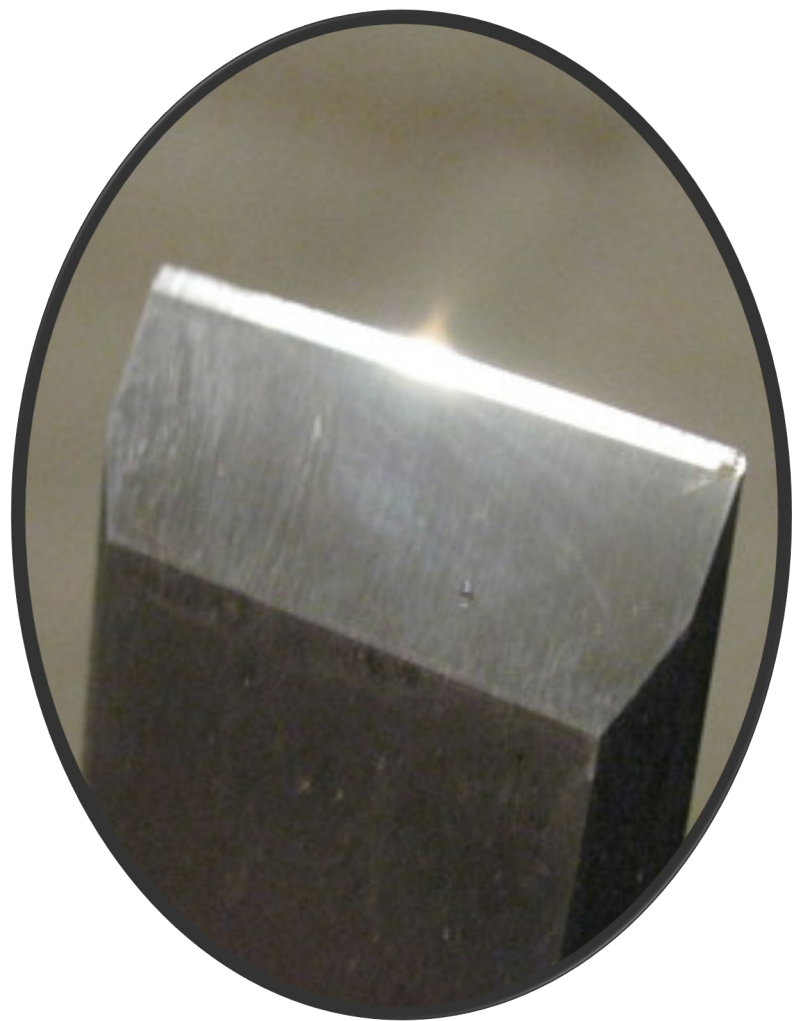














A hand holds a lit lantern against a dark, rainy background. The lantern is lit, casting a warm glow. The background is dark and rainy, with a faint light source visible in the distance.

Matthew 5:16 (NIV)

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.



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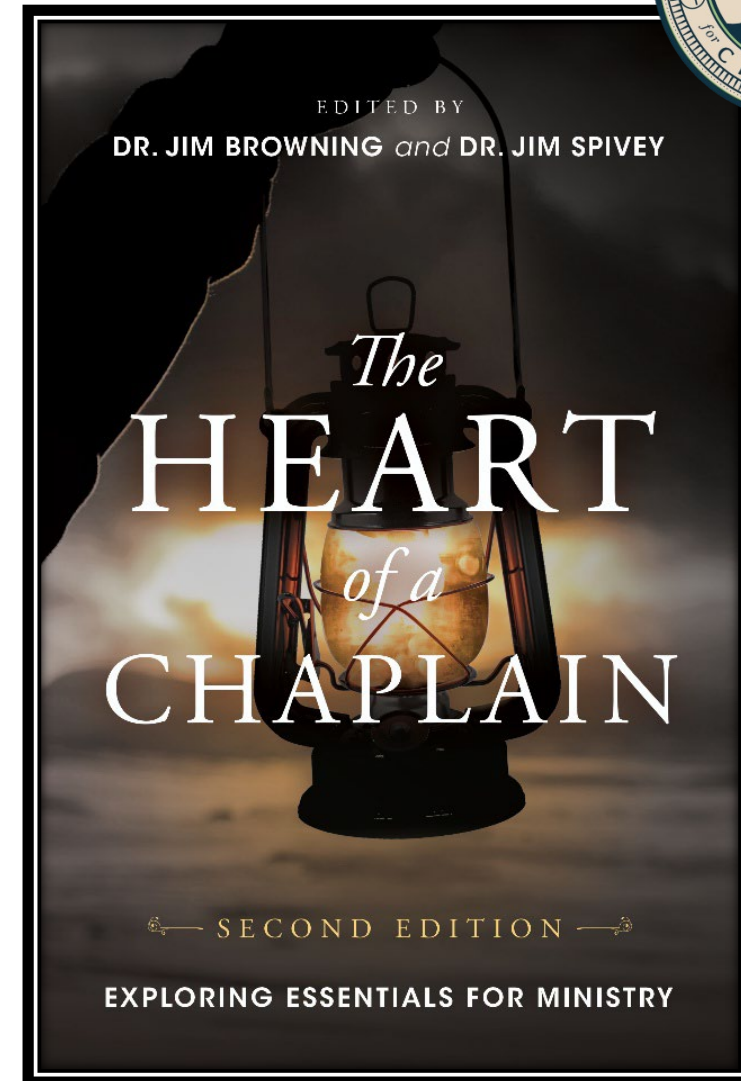
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