

MINISTERIAL SELF-CARE RESOURCES

Chelsie Sargent

Shared during “Ministerial Self-Care in a Time of Pandemic,” an Intersection conversation hosted by the Siburt Institute for Church Ministry on November 17, 2020.

BOOK RECOMMENDATIONS

- *The Inner Voice of Love: A Journey Through Anguish to Freedom* by Henri Nouwen
- *The Wisdom of Anxiety: How Worry and Intrusive Thoughts Are Gifts to Help You Heal* by Sheryl Paul
- *Everything Happens for a Reason: And Other Lies I've Loved* by Kate Bowler
- *Jesus Calling: Enjoying Peace in His Presence* by Sarah Young

AMERICAN PSYCHOLOGICAL ASSOCIATION ARTICLES AND REPORTS

- wbur.org/hereandnow/2020/10/26/mental-health-crisis-apa-report
- apa.org/news/press/releases/stress/2020/report
- apa.org/news/press/releases/stress/2020/stress-in-america-covid-july.pdf
- apa.org/news/press/releases/stress/2020/stress-in-america-covid-june.pdf



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