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Five Things I Wish Missionaries Remembered about Taking Care of Themselves

A Webinar from THE MISSION EXCHANGE

Please review this upcoming webinar and recommend it to your team and others.

March 4, 2:00 p.m. Eastern

Five Things I Wish Missionaries Remembered about Taking Care of Themselves

Brent Lindquist, Presenter

Why do missionaries come home (early, hurting, beat up, angry, depressed, whatever)? What is the best answer? I mean *really* the best answer? I usually offer a couple of psychologically sophisticated words to get me off the hook. However, I have identified FIVE THINGS which, if missionaries remembered, would help them do a better job of taking care of themselves.

This wide ranging, irreverent webinar will look seriously at five critical issues in self-care of missionaries - and what you (their leader, pastor, accountability person, or spouse) can do to help them remember to take care of themselves.

Here are some of the topics that may (or may not) be included:

- Backpacks and burdens, and knowing which is which
- History matters
- Perspective is reality
- What you look for, you will find
- Thinking deeply about feeling, and vice versa
- When all else fails, uh, fail!
- Balance is easier when you can see your feet
- Thoughts about long walks
- Bugs and windshields and other songs
- Cardinals rule

I will also include (at no extra charge!) at least three practical easy-peasy things to do to make each of the big ideas work for you or your missionaries right away.

Brent Lindquist, Ph.D. is a Psychologist and the President of Link Care Center (www.linkcare.org). He also is the Membercare Resource Specialist for The Mission Exchange.

Webinar Cost: Free for members of The Mission Exchange

\$9.95 per person for affiliates

\$39.95 per person for non-members

Format: Webinar - 55 minutes of facilitator input, 20 minutes of Q & A