



As a priest, you tend to the needs—body and soul—of the people of the Diocese of Jefferson City. Serving Christ’s flock, in their wide range of human frailties, can be both rewarding and exhausting. As a priest, your health and well-being are vital to the health and well-being of Christ’s Church. The Priest Wellness Program exists to promote, support and advocate for your health and well-being through a three-dimensional approach—physically, emotionally and professionally.

It’s that time of year, again, when birds are chirping and flowers are blooming. Spring is my favorite season as it gives me so many opportunities to pause and be in awe of how much God loves me. Check out Fr. Joby’s Youtube channel “RockValley Multiverse” for some stunning video work capturing God’s beautiful creation in hummingbirds (youtu.be/Z1sqyDPdcwo) and on the grounds of St. Lawrence Church in St. Elizabeth (youtu.be/1-icvwBRsdY). It’s easy to rest your mind as you watch. Many thanks to Fr. Joby for sharing his gifts.

In my most recent round of phone calls (I am still making the rounds and have a few of you left to bug...get it...spring time...bugs!), I have been inspired by those of you who have taken advantage of this stay-at-home time to take a daily walk or do more home cooking. As a result, you have shared with me that walking has helped to fight off what could have been a potential bout with depression, and the home cooking has helped to fight off a few pounds. All healthy stuff, and stuff that has inspired me to get back on the wagon of

doing something that slightly resembles a daily workout routine and be more dedicated to cooking at home instead of relying on curbside pickup. I have begun doing some type of daily physical activity for 30 minutes and have been taking a few minutes each day to plan what I will feed the family. In the few weeks I have been sweating it out and eating healthier, I feel better, have more easily moving joints, have a better daily outlook, and can readily tell a difference when I fall back into my old ways. Most of all what I am remembering is that it does not take much, just a few slight changes in my day, and the rewards will show up if I show up. THANK YOU for being an inspiration in so many ways.

Since the weather lends itself to being outside, I would like to take this opportunity to share with you a few tips to adding activity to your daily routine taken from the American Council on Exercise. Visit acefitness.org/education-and-resources/lifestyle/blog/6765/small-steps-to-increase-physical-activity/ for the full list.

Tips to Add Activity to Your Daily Routine

- Take the stairs instead of the elevator
- Park farther away from the front door
- Stand instead of sitting and get up and move every 30 minutes
- Take a walk on your lunch break or when you are frustrated or bored
- Take a 10 minute walk in the morning and/or evening
- Walk or bike to your destination
- Do stretches or ride a stationary bike while watching TV. If able, do crunches, jumping jacks, or pushups during commercials. Or just get up and walk during commercials.
- If able, do squats, lunges or calf raises when brushing your teeth.

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Priest Wellness

PROMOTE, SUPPORT, ADVOCATE

Words of Wellness

A monthly newsletter for priests of the Diocese of Jefferson City

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- Turn on music and dance around the house (just make sure no one is watching!)
- Do house work regularly; wash your car by hand; rake leaves instead of using a blower
- Take an extra lap around the grocery store aisles before checking out
- Instead of sitting at an outside activity like a ball game, walk around while watching
- Walk through your golf game instead of driving a cart
- Plant and maintain a garden
- Go for a walk with a friend instead of going for coffee
- Get up and walk while talking during a meeting
- Keep small hand weights at your desk and use them while on phone calls
- Wear a good quality pedometer and aim for 10,000 steps per day

Next month, I will take the opportunity to share with you a few tips to making some daily healthy eating choices. Have a beautiful Spring! You are always in my prayers.

Peace,
Kimie
Your Priest Wellness Nurse

