



Priest Wellness

PROMOTE, SUPPORT, ADVOCATE

Words of Wellness

A monthly newsletter for priests of the Diocese of Jefferson City

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.

Happy Dog Days of Summer! I learned of a new term the other day... **PANDEMIC FATIGUE**. I had not heard of it and was not aware of what it meant, so I did a little research. For your personal benefit and to assist you in ministering to those whom you serve, I would like to share with you what I found.

According to UCLA Health, pandemic fatigue is a “very real feeling of exhaustion stemming from the effects of the novel coronavirus on your life — from stay-at-home orders to the fear of getting ill to losing jobs. Wrestling with intense emotions day in and day out drains your energy causing fatigue.” Some say the next pandemic challenge will be to flatten the mental health curve.

[Click here for 7 Steps to Reduce Pandemic Fatigue](#) or go to uclahealth.org and search “pandemic fatigue.”

So, what do you do about it? REMEMBER TO TAKE CARE OF YOURSELF. In both the UCLA Health article and in an article by Franciscan Health, good self-care habits will help you combat pandemic fatigue. Eating well, sleeping well, exercising, limiting exposure to news media, and staying connected to friends and family are among the suggestions for maintaining both your physical and mental well-being.

To read the full article [click here](#), or go to franciscanhealth.org and search “stress fatigue” under News/Blogs.

As summer starts to wind down and with fall being right around the corner, the uncertainty of what may happen with the start of schools, return of college students, and upcoming election, etc. may add to this pandemic fatigue.

So, be sure to occasionally take the time to evaluate how you are doing from a physical and emotional perspective, be good to yourself, recognizing that you are not superman and, if you need help, reach out.

Our prayers are being heard for all those who have recently been dealing with health issues. Our continued support is with these men as they serve our Lord through their suffering and struggles.

Peace,

Kimie

Your Priest Wellness Nurse

