



Priest Wellness

PROMOTE, SUPPORT, ADVOCATE

Words of Wellness

A monthly newsletter for priests of the Diocese of Jefferson City

APRIL 2021

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 is easy to physically move our clocks ahead for daylight savings time. But, here it is a month later, and I am still in a daze with waking up to daylight and knowing my granddaughter now goes to bed when it is light outside. It took me awhile to recover from the grogginess of losing an hour of sleep, but I still find myself confused as to the time of day with all this sunshine.




How well do you sleep? Getting enough sleep and enough quality sleep is not only important in the productivity of your everyday activities, but also important in helping to prevent having serious disease processes like heart disease and diabetes. If you feel your sleep is not benefitting your health, and you would like to be evaluated by a sleep specialist, please let me know and I will help you find one in your area.

According to the CDC, people age 18-60 need at least 7 hours of quality sleep/ night to function well. ([Click here](#) for the full article, or go to [cdc.gov](#) and search “getting enough sleep.”)

Take this quiz to see how good your sleep habits are: [webmd.com/sleep-disorders/sleep-habits-assessment](https://www.webmd.com/sleep-disorders/sleep-habits-assessment)

Both the CDC and Mayo Clinic recommend similar suggestions for a better night’s sleep. ([Click here](#) for the Mayo clinic article, or go to [mayoclinic.org](#) and search “sleep more soundly.”)

For a more comprehensive video about sleep, please visit the SSM Health blog ([Click here](#) or visit [youtube.com](#) and search “SSM Health Sleep Services.”)

 <p>Establish a routine</p>	 <p>Minimize light and sound and remove electronic devices</p>	 <p>Manage stress and get some exercise during the day</p>	 <p>Avoid large meals, caffeine, alcohol before bedtime and tobacco at all times</p>	 <p>Get comfortable and if you cannot, get out of bed</p>
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Here’s to a more restful night and some healthy ZZZZZs!

Peace,
Kimie
 Your Priest Wellness Nurse