


Mental Health in Missions: How can I better understand and care for global workers?

Minnesota Renewal Center
Debbie Klaver, MA, LMFT
dkklaver@minnesotarenewal.org
Laura Lee Finstrom,
Counselor-in-Training & TeachBeyond Member Care
lfinstrom@minnesotarenewal.org
lfinstrom@teachbeyond.org



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"Walk a Mile in Their Shoes!"



- It is exciting to partner with global workers, but how can we better support them?
- Experience of loss or difficult situation
- Experience Simulation

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White Noise


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Experience Simulation Debrief



- Stressors
- Frustrations
- External Response
- Internal Response
- Story: Layers of Stress

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4 Area of Stress for Global Workers



Regular Life Tasks



Support Needs



Transitions



Loss

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Stress

How do you react to different kinds of stress and stressful situations?

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Common Mental Health Concerns for Global Workers

Depression

- Sadness
- Losing interest in life and activities
- Tiredness
- Sleep issues
- Change in appetite
- Suicidal thoughts

Anxiety

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate, breathing rapidly (hyperventilation),
- Sweating, trembling, feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry.

Trauma Reactions

- Flashbacks, intrusive thoughts or images, nightmares, intense distress at real or symbolic reminders of the trauma
- Physical sensations such as pain, sweating, nausea or trembling
- Being easily startled or frightened
- Self-destructive behavior, such as drinking too much or driving too fast
- Trouble sleeping
- Trouble concentrating
- Irritability, angry outbursts or aggressive behavior
- Overwhelming guilt or shame

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How to Care for Global Workers

KNOW THEM	LISTEN WELL	SHOW GENUINE INTEREST	ASK & PRAY	AVOID
Know what they are doing.	Use open-ended questions such as:	Physically, emotionally, mentally, and spiritually	"How can I best support and pray for you?" (Make sure to pray with them before you finish).	Judging
Initiate a conversation.	Could you share with me some of the highlights from your last term?	Walk a mile in their shoes.		Advice giving
Read their updates.	What were some of the difficult times?	Paraphrase or summarize what you just heard them tell you.		Jumping to your own experiences without listening without listening
Take interest in them personally.	Tell me more about...	Feel with them...Wow! That must have been so hard...you must have felt so scared...that would certainly make me feel angry...etc.		Asking curious questions without depth or asking "WHY"

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Resources to Share with Global Workers - 1

DEPRESSION:

- Sarita Hartz on **Missionary Care and Burnout** - <http://www.saritahartz.com> (includes links to Restoration and Retreats Centers, Coaching and Counseling, Debriefing)
- **What Missionaries Need to Know about Burnout and Depression** - Esther Schubert - book on amazon.com

EMOTIONAL HEALTH:

- **Emotionally Healthy Spirituality** - Peter Scazzero - book on amazon.com
- **Potter's Inn Soul Care** - podcast@pottersinn.com

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Resources to Share with Global Workers - 2

MEMBER CARE:

- Barnabas and MMCT - resources for debriefing and crisis debriefing and tools for stress reduction - mmct.org
- **Missionary Care Resources** - pdfs and ebooks on many topics of stress and symptoms by Ron and Bonnie Kotesky - www.missionarycare.com
- **The Well International** - Member Care Resource Center located in Chiang Mai Thailand / Counseling, Coaching, Spiritual Direction, Debriefing, Training In person and online options - thewellintl.org, thewellintl.thinkific.com

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Resources to Share with Global Workers - 3

SPIRITUAL GROWTH:

- **Sacred Rhythms: Arranging Our Lives for Spiritual Transformation** by Ruth Haley Barton
- **The Daily Office** or newer version **Day by Day** by Peter Scazzaro
- **Liturgy of the Ordinary** (Sacred Practices in Everyday Life) by Tish Harrison Warren
- **Your Sacred Yes: Trading Life-Draining Obligation for Freedom, Passion and Joy** by Suzie Larson

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Resources to Share with Global Workers - 4

- **TRANSITIONS:**
- **Looming Transitions** by Amy Young
- **Transition Toolkit for Families** - a Well International course online with PDFs <https://thewellintl.thinkific.com>
- **Transition Debriefing Toolkit** - a Well International course online with PDFs <https://thewellintl.thinkific.com>
- **Burn Up or Splash Down: Surviving the Culture Shock of Re-Entry** by Marion Knell
- **Transition Curve** - Marion Dicke.docx - mmct.org - Crisis Response - Crisis Debriefing Handouts
- **GRIEF AND LOSS**
- **Understanding-Grief.pdf** - mmct.org - Crisis Response - Crisis Debriefing Handouts

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Resources to Share with Global Workers - 5

- **Counseling and Retreats:**
- Minnesota Renewal Center - www.minnesotarenewal.org
- For other locations see: <http://www.saritahartz.com/missionary-care-burnout-resources>
- **Prayer ministry:**
- All Things New Prayer Ministry <https://allthingsnewprayer.org/>
- **Spiritual Direction**
- **Life Coaching**

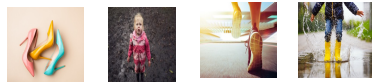
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Summary

- To best care for your global workers:
- 1) Recognize that they have many unique stressors and may be experiencing depression or anxiety or PTSD.
 - 2) Listen well to them by knowing them, asking open-ended questions, showing genuine interest and care and praying with them.
 - 3) Offer them resources.



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Let's Connect!

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