

Creating Balance

Living Mission toolkits are provided to help you facilitate formation experiences. Use whatever combination of behaviors, discussion questions, activities or talking points that will create a meaningful formation experience for your team.

OBJECTIVES

- Understand work life balance as an expression of Mercy's value of dignity
- Commit to behaviors that support a balance between work and personal life

FORMATION52: Mercy Values on Deck

Mercy Formation cards **Dignity 7**, **Service 4**, **Stewardship 3** and **Excellence 10** align with the Mercy Formation: Path to Excellence content.

Pray

Use this or another prayer with your team

Loving Jesus, give me health in my body and spirit that I may serve You with strength and joy. Help me to find balance, harmony and Your peace. Amen

Reflect

Use the talking points below to introduce the concept to your team

- Mercy's value of dignity calls us to respect each co-worker as created in the image and likeness of God. Cherishing dignity includes enabling individuals to achieve balance in their life and nourish to their physical, emotional and spiritual health.
- We sometimes wear our busyness like a badge of honor or success. Stress becomes a status symbol and worth is equated to productivity. Our work and busyness can become an idol. We forget that our true value is rooted in our dignity - *being made in the image and likeness of a loving Creator.*
- When it is tempting to equate our self-worth with the busyness of our days, the following thoughts may provide perspective:
 - Human persons are willed by God; they are imprinted with God's image. Their dignity does not come from the work they do, but from the persons they are. *On the Hundredth Year, #11*
 - For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. *Psalm 139:13-15, NRSVCE*

Share

Use these questions to explore Mercy Culture with your team

1. What does work life balance look like for you?
2. How will our team promote balance between work and personal life?
How will we support each other sustaining or achieving this balance?
3. Work life balance is a contributing factor to wellbeing; what else enhances your sense of wellbeing?
4. How does your faith tradition or spiritual encourage balance and wellbeing?
5. How can you draw on the Mercy resources (Healthification, EAP, co-workers, Mission, etc.) to sustain balance and your ability to serve with a fullness for life?

Serve

Use these behaviors to bring Mercy Culture to life with your team

- Affirm to co-workers the value of their work to you and the ministry
- Ask about what co-workers enjoy outside of work hours
- Don't send work emails during non-work hours
- Celebrate often
- Create welcoming environments and spaces
- Demonstrate healthy work-life balance



MERCY
FORMATION:
LIVING MISSION

Optional Activity - Unplugged

Activity explanation

Use the activity below to discuss the role of technology as a help and an obstacle to work-life balance.

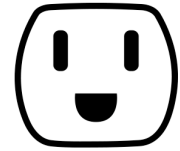
DISCUSS: Like any tool, technology can be helpful or problematic depending on how we use it, what are the positives and negatives of technology in creating balance? *Some examples are listed*

Technology Helps...

*Allows people to work remotely with flexible hours
Remain connected to distant family and friends
Enhanced efficiency*

Technology Hurts...

*Encourages being available all the time
Spend mindless time on social media
Shortened attention spans*



UNPLUG

SHARE: The idea of a technology break or technology Sabbath is becoming popular. An extended period of time away from different forms of media offer a chance to step away and an opportunity to reconnect to ourselves and those around us.

ASK: Does a break from technology appeal to you?
What benefits would you experience? What difficulties?
What can you do to create more balance in your life with technology?

INVITE Invite your team to find ways to unplug in the next month and follow up with each of them to see what the challenges and benefits were.

Offer the following suggestions for being 'unplugged': connect with loved ones, meditate or pray, prepare a home cooked meal, participate in community service, write a letter or card, play a board game, take a walk, pursue a new hobby, go on a bike ride, share a picnic, read a book, newspaper or magazine, plant a garden, enjoy silence

*The simplest and most practical lesson I know is to resolve to be good today and better tomorrow.
Catherine McAuley*