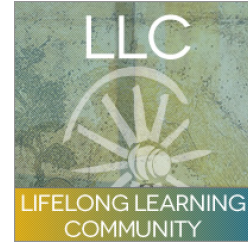


# BASIC E-COURSE INFORMATION

## SC – Exploring Self-Care: *Tending to Our Heart, Body, and Mind*



### COURSE DESCRIPTION

This course provides the space for us to examine the well-being of our self: heart (spiritual/emotional), body (physical), and mind (intellectual). For each of us to lead a whole and holy life we need to attend to all aspects of our being. We are a unity of personhood and each aspect is bound to affect the others. The course is designed to assess the current state and condition of our heart, body, and mind and to help us develop a holistic plan for a healthier self-care.

### COURSE FOCUS

The course seeks to answer the questions: “How is my heart? How is my body? How is my mind?” The assessments are done using an Examen practice where you, with the help of the Spirit, explore four key inventory questions. Once completed you will create an action plan that you can use to deepen your care for your well-being.

### COURSE FORMAT

**SC** is a four-week facilitated online course that takes place in Moodle (our online learning platform). Participation in the course primarily takes place asynchronously (that is, not “live” at the same time); however, on occasion some or all of the class will meet ‘live’ via web conference (dates and times TBD). Each week includes, at a minimum, a combination of readings and/or video viewing and active participation in the threaded (Forum) discussion(s). More importantly, the course factors in the experiential components of reflective exercises and spiritual practices, designed to appropriate the course contents for practical and concrete application to one’s life and ministry.

### REQUIRED TEXT

Benner, David. *The Gift of Being Yourself: The Sacred Call to Self-Discovery*. IVP Books, 2015.

### HIGHLY RECOMMENDED TEXT

Fadling, Alan. *An Unhurried Life: Following Jesus' Rhythms of Work and Rest*. IVP Press, 2013.

**Note:** There will be other supplementary resources for the course in the form of excerpted essays, articles, audio/video clippings, etc.