



# Full Circle

Where Behavioral Health and Spirituality Meet

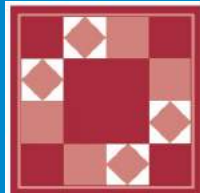
December 2019  
Vol. 16, Issue 3

## In This Issue

- New Year's Resolutions..... 1
- Humor for the Holiday..... 2
- Coping with Holiday Depression..... 3
- Yoga for a Cause..... 4



Full Circle is a publication of Penn Foundation's Pastoral Services Department.



## 6 Ways Pastors Can Survive and Thrive During Christmas

**1. Say "no":** You can't "keep Christ in Christmas" if you are giving yourself to everyone except Him.

**2. Spread the ministry:** Whether your church has multiple staff, elders, deacons, a church council, or some combination, involve all of them in ministry around Christmas. Be honest that you cannot be available for every church event, family event, and community event without wearing out.

**3. Take time off:** If it is at all possible, save some vacation time for Christmas so you end up with multiple consecutive days off. Most years the world slows down at Christmas. Take advantage of it.

**4. Close the church office:** Turn down the heat, close the office, and save the church some money.

**5. Use an Advent reader/devotional guide as a family:** This is good advice for anyone, of course, but it helps the pastor's family too.

## *New Year's Resolutions for 2020*

**By: Rev. Carl Yusavitz, Director of Pastoral Services**

Every holiday season, between Thanksgiving and Christmas, we are all subjected to multiple advertisements about getting more exercise or losing weight during the upcoming New Year. With that, many of us make "resolutions." We call them resolutions because we are resolute in carrying them out – at least initially. As I was looking back over earlier editions of *Full Circle*, I came across these eight resolutions that have more to do with relationships than exercise or food. Hopefully, you will find them both reasonable and doable in 2020.

**1. Take tender care of all the relationships that feed your soul.** Ministry is about giving AND receiving. This year, be more intentional in receiving what nourishes your soul.



**2. Pay closer attention to what you treasure in your heart.** As Luke's Gospel says about Jesus' mother Mary: "She treasured all these things in her heart" and later in Matthew's Gospel: "Where your treasure is, there your heart will be also." Not only guard, but share your treasures freely.

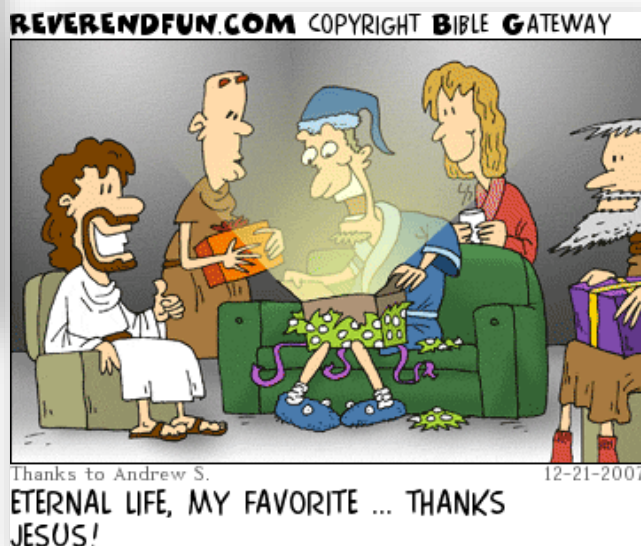
**3. Use your discretionary time wisely.** Think of "time" as what God gives us to us to prioritize and organize the most important things in our life. Keep the balance and boundaries between work and rest healthy and secure.



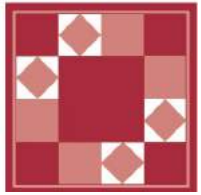
4. **Control your tongue** – a tough one for our public officials these days! As the Book of Proverbs reminds us - once something is out there, it's almost impossible to get back. So stop/look/listen before you press “send.”
5. **When you say “I’m sorry,” make sure you mean it.** Remember that “forgiveness work” is at the very heart of Jesus’ radical teaching and so much of the ministry we do in his name.
6. **Find your happiness in small, seemingly insignificant things.** This resolution is about seeing the extraordinary in the ordinary. May this New Year be a new way of seeing for you.
7. **Let go of habits and relationships that aren’t healthy.** As we say in the Serenity Prayer:

Lord, grant me the serenity  
to accept the things I cannot change,  
courage to change the things I can, and  
the wisdom to know the difference.
8. **Be more at peace with yourself – as you are.** At some point, we all need to stop trying to become someone else and become the beloved child we already are in God’s eyes! Experience your belovedness this New Year.

## *Humor for the Holiday*



# Coping with Holiday Depression



Winter can be a difficult time of the year for people who struggle with seasonal affective disorder. Often called winter depression, seasonal affective disorder (SAD) is a form of [depression](#) that affects an estimated 5% of adults in the U.S. according to the American Psychiatric Association. Dealing with SAD can make it difficult to enjoy yourself during the holidays. Those struggling with SAD often feel hopeless and overburdened, but that doesn't have to be the case this holiday season. Use our strategies to help cope with winter depression.



## Avoid Isolation

Social withdrawal is a telltale sign of depression. If you are struggling with depression you may feel a strong urge to isolate yourself from social interaction. This is the opposite of what you should be doing as isolation can contribute to increased feelings of depression. Combat this by gradually increasing the amount that you interact with others. Reaching out to your loved ones and engaging in social activities can be quite beneficial during this time of year.



## Get Enough Sun

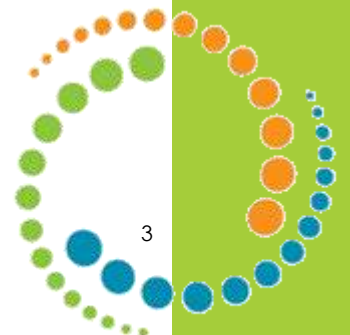
Many of SAD's symptoms manifest during the winter months when there is less daylight. Studies have found a correlation between increased feelings of depression and a decrease in exposure to natural light. It can be difficult to find time to get outside between inclement weather and how hectic the holidays can get. Still, taking the time to get outside for just thirty minutes to an hour can help you handle any feelings of depression you may be facing.

## Manage Your Stress

Increased and sustained stress is connected to increased feelings of depression. Many people report that they find the holiday season to be one of the most stressful times of the year. Prolonged periods of stress negatively impact sleep, diet, energy levels, and mood, which can increase susceptibility to depression. Do not let stress get the best of you. Learn strategies for how to [manage holiday stress](#) and keep a handle on the holidays.

## Seek Help

Sometimes the feelings that you are dealing with can become too much for you to handle by yourself. Counseling is an effective outlet for navigating depression and any other struggles you may be facing in your life. Penn Foundation offers a wide range of [counseling services](#) to help you address and cope with your feelings of depression. If you feel that counseling would benefit you, or a loved one, reach out to us at 215-257-6551 or [questions@pennfoundation.org](mailto:questions@pennfoundation.org).



# Yoga for a Cause!

**BuxMont Yoga Studio Alliance's Winter Service  
Project will benefit Penn Foundation**



Join us in supporting Penn Foundation!  
All levels of yoga welcome.  
Please RSVP by January 14<sup>th</sup> at  
[www.PennFoundation.org/events](http://www.PennFoundation.org/events).

**Tuesday, January 21, 2020**

**6:30 - 8:00 pm**

**Penn Foundation**

**Loux Healthcare Center**

**(807 Lawn Avenue | Sellersville)**



*Instilling hope. Inspiring change. Building community.*

807 Lawn Avenue | PO Box 32 | Sellersville, PA 18960

215.257.6551 | [www.PennFoundation.org](http://www.PennFoundation.org)