

## Healthy Living: Depletion, Recuperation, and Replenishment

Dr. Rod Wilson

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### Being Human/Being Tired

-Hans Selye- Canadian Endocrinologist- 1936

-stress is the response of the body to any demand, positive or negative, made upon it

-not what I tell myself or Bev, or how I explain what is going on, or not about whether things are tough/enjoyable, fulfilling/boring, happy/sad, led by God, feel tired, etc.

-teachers have limited adaption energy as humans > with repeated 'demands' we deplete

-all of us have genetics, environmental influences, and make choices

-what depletes and tires me is different than what depletes and tires you

-communities have different qualities; some schools may deplete us more than others

-different aspects of teaching (preparation vs. teaching vs. marking) deplete uniquely

*Key: Because of depletion, I need to recuperate and replenish.*

-recuperation-recovery from the depletion that was; replenishment-strengthening for what will be

-cannot go from depletion to replenishment without recuperation; short holidays/some weekends

-no recuperation or replenishment layers depletion on depletion = burnout/compassion fatigue

*Key: My modes of recuperation and replenishment are unique to me.*

-how I recuperate and replenish is different to how you recuperate and replenish

-need to resist comparing, especially with friends/spouse/roommate/colleagues

-I need to understand my own depletion, recuperation and replenishment in detail

-if possible, make this a communal/staff focus where you understand and support each other

*Key: I need to know my template for depletion, recuperation, and replenishment*

- God remembers we are flesh (Psalm 78:39) and some recuperation can be unhealthy/sinful
- people, ideas, consistency, task completion
- various components of my job broken down
- different aspects of my roommate, spouse, child(ren)
- cultural invaders- technology, TV, entertainment, radio, advertising, etc.
- attentive to the inner and outer life
- water, nature, walking, Sabbath

### For Discussion and Reflection

1. Would the people who know you, describe you as someone who understands and practices this approach to being tired?

2. What are the primary ways you deplete, recuperate, and replenish?