

Name:

Date:

ACTION & COPING PLANNING FOR MY PHYSICAL HEALTH



1 Why do I want to care for my physical health - or my health more broadly?

- What scriptural or theological touchstone will ground me?
(e.g. Genesis 1:31 / my body is good, Psalm 139:13-14 / my body is gift, 1 Corinthians 6:19 / my body is holy.)

- What scriptural or theological framework will I need to resist?
(e.g. my body is bad, my body is secondary to my brain, my body is separate from my faith.)

2 What would it look like for me to eat, move, and/or sleep healthier? (Choose one area to start.)

- When will I act?

- Where will I act?

- How will I act?

(e.g. I will shop for healthy groceries on Saturday and bring my lunch to school/work at least three times a week.)

3 What kind of barriers am I likely to face in maintaining healthy behaviors?

- Barriers of time?

- Barriers of place?

- Barriers of pressure?

(e.g. When congregants invite me to a meal, I have trouble saying no for fear of offending them.)

4 What are my strategies for maintaining my health when challenges occur?

- Things I can do?

- Things I can say?

- Things I can remember?

(e.g. I can review menus of common meeting spots in advance to identify the healthiest options. I can say, "Sure thing. I love the [insert healthy option] at [such and such restaurant.]" I can remember that wherever we end up, I can limit portion sizes, skip dessert, and/or take a doggie bag home.)

Remember:

Anticipating challenges in advance and devising strategies for dealing with them eliminates the need to deliberate in the moment when it is more difficult to make good choices! Action and coping planning is a radical act of faith, hope, and love for God's future.



*from Johnston, Erin, David Eagle, Amy Corneli, et al., "Seminary Students and Physical Health: Beliefs, Behaviors, and Barriers," *Journal of Religion and Health* (2022) 61: 1207-1225. <https://doi.org/10.1007/s10943-021-01480-7>.