

Run Hard. Rest Well.

Blueprint and Buckets

Brenda Jank

@runhardrestwell



Run Hard. Rest Well.

Champions Rest
Equips Leaders
Transforms Lives

LookUp Indiana
RemedyLIVE



Resiliency

Requires a mindset of STOP - stopping to refill our bucket to restore our joy.









Polling Question Check-in

On most days,
do you feel a
sense of
overload and
exhaustion?

- ❖ 0 (never)
- to
- ❖ 5 (all the time)

Resiliency

Requires a mindset of
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Isaiah 35

The Promise

The wilderness and the dry land will be glad. The desert will rejoice and blossom like a rose. It will blossom abundantly and will also rejoice with joy and singing. (vs. 1-2)

Isaiah 35

The Reality

(to) Strengthen the weak hands, steady the shaking knees! (vs. 3)

Isaiah 35

The Refill

For water will gush in the wilderness, and streams in the desert. (vs. 6)

Isaiah 35

The Restoration

And the redeemed of the Lord will return and come to Zion with singing, crowned with unending joy. Joy and gladness will overtake them, and sorrow and sighing will flee. (vs. 10)



WELLNESS



RESTORATIVE WELLNESS

Bucket Theory 101



You can't give what you don't have. You can't recover when you're running on empty.

Definition of Bucket Filling - Resilience Building Rest

Rest is not a reward. You cannot earn it. You do not deserve it. It will never be convenient. Restoration is a rhythm ordained by God and a responsibility for those committed to a lifetime of joyfully pouring our best into people, projects, plans and priorities.

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Refilling our bucket
is not selfish.
It's strategic.

- Brenda Jank

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The 'World' Tells us GO

Prior to

1897: Invention of the light bulb

1960s: US economics honored rest

1980s: Children's activities limited

1990s: Access to information limited

2000s: People weren't accessible 24/7

Protected

Sleep

Rhythm

Evenings/weekends

Boundaries

Sanity

Restorative Wellness

Need to Rest:	Refuse to rest:	When we rest:	How:
Relationally	Weary/disengaged	Happy	Sabbath
Physically	Depleted	Healthy	Sleep
Spiritually	Dry or empty	Hopeful	Stillness
Emotionally	Exhausted	Whole	Solitude





We pay the price.



**The People
we love pay
the price.**



And so do
those we
serve.

Price Tag of Our Unrest



- ▶ Relationally
- ▶ Physically
- ▶ Spiritually
- ▶ Emotionally

Relationally

- ▶ Unsatisfying relationships
- ▶ Guilt
- ▶ Loneliness
- ▶ Choose to isolate

Physically

- ▶ Feel Lousy
- ▶ Sleep Issues
- ▶ Immune Dysfunction
- ▶ Hormone Imbalance
- ▶ Blood Pressure
- ▶ Weight Gain

Spiritually

- ▶ Diminishing Joy
- ▶ Discontentment
- ▶ Feeling Inadequate
- ▶ Time with Jesus disappears

Emotionally

- ▶ Begin to Complain
- ▶ Irritability
- ▶ Anger
- ▶ Anxiety
- ▶ Depression
- ▶ Addictive behaviors

Polling Question Check-in

Where are your
Red Flags flying?
Which area of
your life is being
most impacted
by cortisol
overload?
(Pick 1)

- ❖ Relationally
- ❖ Physically
- ❖ Spiritually
- ❖ Emotionally
- ❖ 2-3 areas
- ❖ All 4 areas



Crazy Paragraph

I cnduo't bvlleiee taht I culod aulacly uesdtannrd waht I was rdnaieg. Unisg the icndeblire pweor of the hmuan mnid, aocdcrnig to rseecrah at Cmabrigde Uinervtisy, it dseno't mttar in waht oderr the lterets in a wrod are, the olny irpoamtnt tihng is taht the frsit and lsat ltteer be in the rhgit pclae.

Resiliency Can Be Built

A Blueprint

Bucket List



The habits
we created
to survive
will not
position us
to thrive.



We need to
create Rhythms-
of-Life with
strategic Hard
Stops.



History Lesson

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The Hard Stops of Restoration and Resiliency

- Create Connection
- Prioritize Sleep
- Hit Pause
- Step Away from the Fray



SABBATH

Sabbath Reconnects

Is a guilt-free time set apart to reconnect with God, and the people and priorities I hold dear. It is a care-free freedom to “pray and play” unhindered and unhurried.

Sabbath Rest

- ▶ Commit to a Hard Stop for Jesus, others, quiet
- ▶ Cultivate self-awareness
- ▶ Reject the guilt. Receive the gift.
- ▶ Create fun traditions
- ▶ Allow others to help protect your STOP



SLEEP

Sleep Rejuvenates

Prioritizing 7 to 9 hours of restorative sleep each night positions us for vibrancy and good health.

Sleep

- ▶ Every night you don't get 7 hours of sleep, you pump out up to 50% more cortisol.
- ▶ Sleep Survival Guide



STILLNESS



Stillness Replenishes

Planned and unplanned, stillness is purposeful pause in the Presence of God that cultivates joy, gratitude, and a sense of purpose.

Stillness

- ▶ “Come away with Me”
- ▶ Ask yourself, “What feeds my soul?”
- ▶ Step outside
- ▶ 5 Questions
 - ▶ High. Low. Grow. Slow. Go.



SOLITUDE

Solitude Recharges

Solitude is time off the beaten path, free of demands to meet with God. It is also an invitation to step away from the fray because minutes matter, hours makes a difference, and a day away delivers.

Solitude. Minutes Matter

- ▶ Anti-gravity breaks
- ▶ Hug (7-20 seconds)
- ▶ Dark Chocolate - 72%
- ▶ Hum. Sing. Smile.

Polling Question Check-in

Which
Restorative
Rhythm would
build resiliency
into your life in
the coming
weeks?

(Pick 1)

- ❖ Sabbath - Relationally
- ❖ Sleep - Physically
- ❖ Stillness - Spiritually
- ❖ Solitude - Emotionally

Now we need a Bucket List



With things we **WANT**
to **DO** and **NEED** to do
Daily
Weekly
Seasonally

A Bucket List



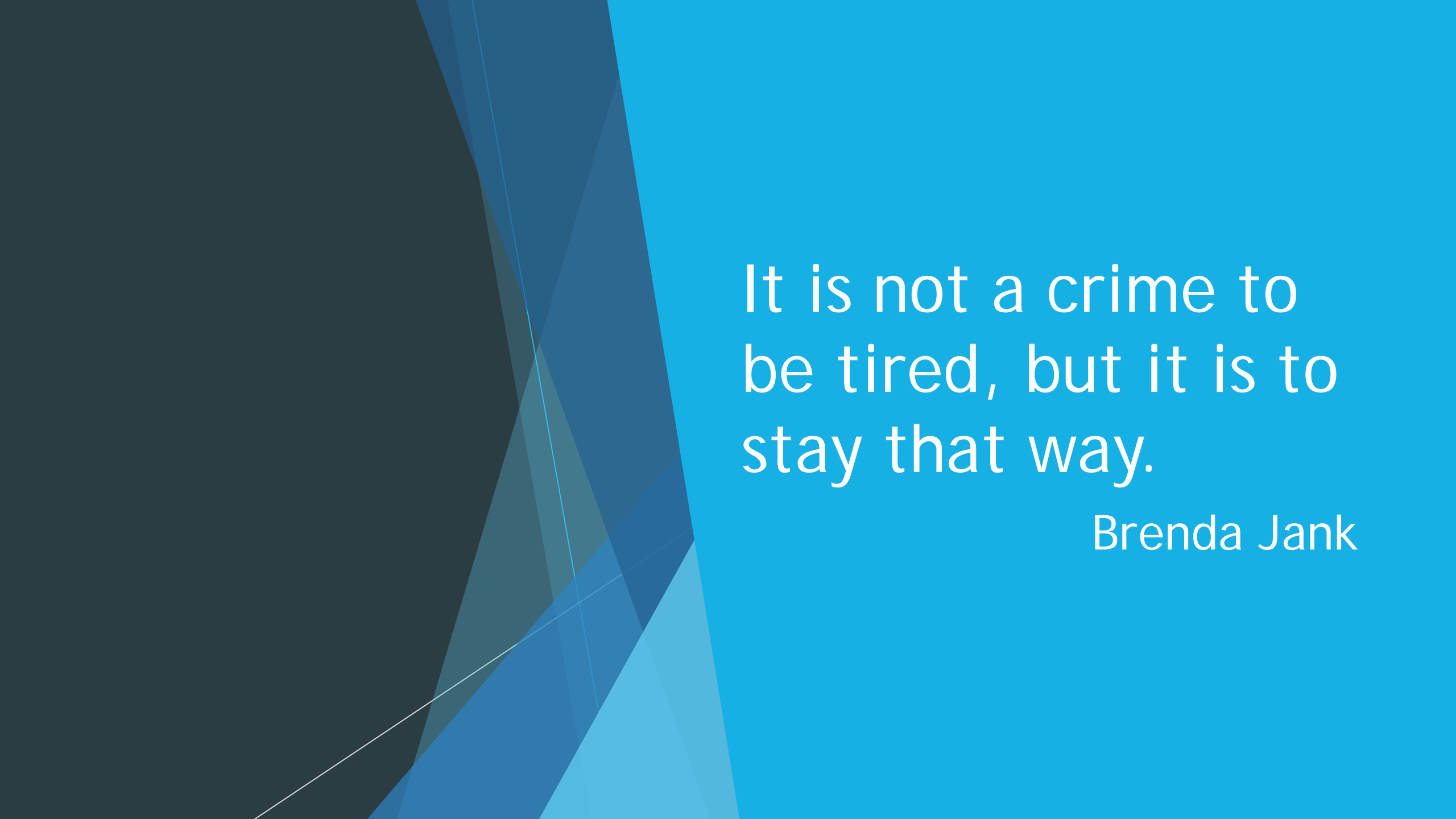
- People
- Places
- Pastimes
- Free. Fun.
- Wild. Quiet.

Guilt-Free Permission



To fill'er up!





It is not a crime to
be tired, but it is to
stay that way.

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Vantage Point

A New View of Rest,
Rhythm, and the Work of God



Restorative Wellness Equips

Run Hard.

Rest Well.

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Our Vision for the Future

To see the Church cultivate a pace and passion for work and rest that is life-giving, transformative, and powered by God so that He can do his best work in us and through us.

Step #1. Give yourself a break.

- ▶ Reject the guilt.
- ▶ Receive the gift.
- ▶ Embrace a rest that is
 - ▶ Simple and strategic
 - ▶ Guilt-free, care-free
 - ▶ Bucket Filling
 - ▶ Infused with Joy

Catch the Vision

- ▶ Cast the vision
- ▶ Raise up a resistance
- ▶ Start a revolution
- ▶ Begin with yourself today



Choose Life!



Life

Liberty

**The Pursuit of
Sanity!**

Deuteronomy 30

The Body at Work

- ▶ LookUpIndiana.org
- ▶ RemedyLive.com
- ▶ RunHardRestWell.org