

Red-Yellow-Green Health Markers

Summary: With culture stress, ministry challenges, and life transitions, life on the field as a cross-cultural worker can quickly cause areas of physical, mental, emotional, relational, and spiritual health to suffer. This tool is meant to help workers self-evaluate what their markers of health are, and establish rhythms to help them maintain thriving.

Red: markers that indicate you are outside a window of tolerance, need to take a hard stop and make changes.

Yellow: markers that indicate you need to take caution, slow down, and go back to green. Warning signs to pay attention to.

Green: markers that indicate that you are healthy and thriving when these are in place.

Below is an example table of what indicators and rhythms you could add. These can span physical, mental, emotional, relational (e.g. marriage/singleness, team, ministry partners, friendships, spiritual community), and spiritual areas of life. You can take the template and fill in your own health markers. Feel free to add any categories that might have a significant impact on your health, including travel, schedule, personal development, or anything else that is helpful.

	Red	Yellow	Green
Indicators	<p>Physical:</p> <ul style="list-style-type: none">- low energy / headaches / mouth sores / pain / panic attacks- restless sleep <p>Mental:</p> <ul style="list-style-type: none">- unable to stop thinking about work <p>Emotional:</p> <ul style="list-style-type: none">- easily angry / anxious- unhealthy coping mechanisms <p>Relational:</p> <ul style="list-style-type: none">- feeling isolated / lonely / apathetic about relationships <p>Spiritual:</p> <ul style="list-style-type: none">- low/nonexistent times with the Lord- falling into sin patterns- difficulty connecting with the	<p>Physical:</p> <ul style="list-style-type: none">- holding stress in muscles- inconsistent sleep and exercise <p>Mental:</p> <ul style="list-style-type: none">- difficult to quiet mind <p>Emotional:</p> <ul style="list-style-type: none">- beginning to feel anxious <p>Relational:</p> <ul style="list-style-type: none">- inconsistent relational connections <p>Spiritual:</p> <ul style="list-style-type: none">- inconsistent times with the Lord-beginning to be apathetic	<p>Physical:</p> <ul style="list-style-type: none">- sufficient energy- consistent sleep, diet, and exercise <p>Mental:</p> <ul style="list-style-type: none">- not mentally overburdened, well-defined boundaries <p>Emotional:</p> <ul style="list-style-type: none">- stable emotional health, able to process emotions well <p>Relational:</p> <ul style="list-style-type: none">- consistent relational connections <p>Spiritual:</p> <ul style="list-style-type: none">- consistent times with the Lord-spiritual life growing deeper and richer

	Lord	about spiritual life	
Rhythms	<p>Physical:</p> <ul style="list-style-type: none"> - < # hours of sleep - #+ nights / week of poor sleep <p>Mental:</p> <ul style="list-style-type: none"> - x hours of escapism / coping <p>Emotional:</p> <ul style="list-style-type: none"> - more than # anger or anxiety outbursts / week <p>Relational:</p> <ul style="list-style-type: none"> - no consistent accountability or community meeting for more than x weeks <p>Spiritual:</p> <ul style="list-style-type: none"> - < # quiet times a week 	<p>Physical:</p> <ul style="list-style-type: none"> - < # hours of sleep - #+ nights / week of poor sleep <p>Mental:</p> <ul style="list-style-type: none"> - x hours of escapism / coping <p>Emotional:</p> <ul style="list-style-type: none"> - more than # anger or anxiety outbursts / week <p>Relational:</p> <ul style="list-style-type: none"> - inconsistent accountability or community meetings for x weeks <p>Spiritual:</p> <ul style="list-style-type: none"> - < # quiet times a week 	<p>Physical:</p> <ul style="list-style-type: none"> - #+ nights of healthy sleep / week <p>Mental:</p> <ul style="list-style-type: none"> - x hours of healthy recreation / rest <p>Emotional:</p> <ul style="list-style-type: none"> - low # of anger / anxiety outbursts <p>Relational:</p> <ul style="list-style-type: none"> - consistent accountability or community meetings for x weeks <p>Spiritual:</p> <ul style="list-style-type: none"> - # quiet times a week