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**Spiritual Well-Being**  
**Reflection Paper**  
**Prof: Kwi Yun**  
**Rules of life**

Starting this class, I was confused, and I did not know what to expect. The first meeting did not give me any idea of this course; however, the retreat was well worth the self-care that every social worker should experience.

Reading the Rules of life help me to understand my purpose on earth and using Christ as the center of my life. Understanding my life structure and living right with God will gave me peace and solidarity in life.

God is the head of my family; I realized there is nothing in life I cannot do without God been a part of my plans. The Rule of life has helped me to understand my family structure and my role and position in my family.

I am the fourth child of five children, the baby; but the whole family comes to me as the leader of the family. I have a calling to bring people closer by making peace or reconciling disputes, solving problems, or helping people feel better about themselves. Every community I have associated with has always try to involve me in leadership roles or help with programs or activities for families. I enjoy making people happy and never too busy to give a helping hand.

God call us at a particular place for a reason. I came to Alliance University for a reason not only to get my education and become a social worker but to also help me in my spiritual life. My education journey has been a struggle due to challenges in my life. Social work profession will give me the fulfillment and the passion for caring for people in a professional way that God has plan for me to do. Helping people make me feel better, it makes me feel accomplished and turns on the lights in my soul to do more. I have worked for years in administrative positions, but those jobs were not my passion. I hope to always work to help people live a happy life through spiritual healing.

In the process of deciding how will I make this career change without regretting was all through prayers and believing what God have in store for me. I pray about it and ask God to lead me to what he wanted me to do, and he answered me. God wanted me to be a servant, but I did not know how he wanted me to serve. While in the process of looking for a graduate school, I ran into a co-worker who talk to me about Alliance University “Nyack College.” After many conversations with my co-worker about the school and the religious foundation of the school. I was interested immediately and applied. The spiritual value of the school was important to me. I wanted a positive Christian base school to continue my education and experience God’s presence as well. My goal was to change my profession and become a social worker, but God had plans for me. Alliance University has increased my spiritual life to pursue social work career and the spiritual learning environment that comes with it. This career path has help me to bring my vision to help empower African girls and women through their natural gifts and talents. This has always been my desire as a little girl growing in African. I have always wanted to made a change in the poor and vulnerable people in globally.

## **How this class advanced my professional capacity (Cite specific readings)**

I which I have taken this class the first semester of this program, it would have helped me more and prepare me to handle the stress student faced in school and how to cope and apply self-care. I am happy that I attended the retreat seminar, this will help me to become a professional social worker, a good mother, sister, friend, co-worker, neighbor and overall, a good person. This class thought me self-awareness, empathy and how to get a positive light and not be judgmental of others. I have learned how to understand and view others with respect and dignity. I also learned cognitive reframing to shift perspective from stressful encounter to positive phases like “I am helpless” to “I am a helping tool.” (Cox, Pg 67)

Self-awareness help us as people to perceive and understand things that make us who we are as a person which include personality, actions, values, beliefs, emotions and thought to focus our attention. This is clearly how people see their values, passion, and aspiration in a person. This class has inspired me to deepen my faith and craft my life in a structure to guide me through my spiritual and professional journey. Relating to my relationship with God and how he wants to use me to be an impact to society using my gift and passion to help people. Although there are many factors that I may encounter as a social worker but learning self-care in school will help me cope with issues that might affect my well-being in my profession.

According to (Cox & Steiner, Pg 45) Social worker may experience physical symptoms such as tension and pains in their neck, head, and stomach. Other symptoms are grinding their teeth, stutter, stammer, tremors, twitches or may sometimes experience panic attacks or heart palpitations. Symptoms of mental disorder can occur in people working in stressful environments like social workers. Being aware of these many symptoms will help me identify my stress level as a

social worker. This will help me make good judgement and observation of my limits and how my work is affecting me if I experience these symptoms.

Self-awareness in my profession has advance my knowledge in the way I expect to do my job my taking care of my self first to be a successful social worker. My reflection from Self-Care in Social Workbook (Coc & Steiner Pg.68) talks about “sign of stress” in this career. Most social workers get burn out from their jobs cause by stress on job and may affect their own health. The job social workers do can become cynical and angry or melancholy and depressed to see the world as ugly, evil, and unsafe.

**In what ways have you integrated self-care practices into your work and personal journey?**

Meditation and prayers to seek God guidance and directions he wants me to follow and do God’s work. Praying for discernment will help me find peace and happiness by allowing God to teach me his love to share with others through compassion and forgiveness to those who have hurt me. I am implementing the five coping elements in my personal journey. The book describes the five elements of coping magnetisms to deal with stress to improve mental health and reduce the amount of stress, anxiety, or emotional experience. (Cox & Steiner, Pg 28)

- Problem Focused which devoted to changing circumstances that trigger our stress.
- Emotional focused involves managing our emotional responses to the stressor by obtaining support or engaging in distracting activities.
- Active cognitive entails altering our view of the problem situation so that it appears more manageable.

- Active behavioral coping involves overt attempts to deal directly with the problem and its effects.
- Avoidance Coping – focused on avoiding situations that would require us to actively confront.
- Proactive Coping – Preventing or muting the adverse effects of potential stressors.

I have incorporated these practices into my professional and personal journey how to cope with clients, friends, and my professional settings.

### **What are you learning about your self-care journey and spirituality?**

I am learning to be spiritually and physically able help others with their well-being. Learning about self-care has helped me to focus on devoting my time to change any circumstances surrounding me that trigger my stress and learn how to deal with such situation. In my spiritual life I am learning to be intimate with God and understanding his love to achieve my spiritual goals. My spiritual journey will guide my commitment with God to do the right thing as he commanded us to do as Christians. I am learning the process of living a Christian life and to be obedient to God and live a prayerful and fruitful life in Christ. I will use the rules of life guide to help me all year round to be focus with my commitment to be in alignment with faith and self-care as a priority and rules to follow to be successful.

John 12:26 said “If anyone serves me, he must follow me; and where I am there will my servant be also, if anyone serves me, the father will honor him.” When God called Moses to move his people out of Egypt, he did not hesitate, Moses obey the Lord and led the people out of Egypt. Moses fulfilled God’s authority and deliver the people out of Egypt through God almighty power.

My professional journey has been God intervention who have design this journey for me. I am not sure where he is leading me now, but I am just following his lead. This journey has help me with my faith and spiritual healing to my soul and the purpose of me being on earth and how God is inspiring me to help people and to be kind to others.

**In what ways is creating a “rule of life” helpful to deepening your spiritual life and practicing self-care as a social worker?**

The rules of life will be a guide to structure my well-being in my professional duties and spiritual well-being. Crafting the rule of life has help me to follow rule and priorities in my live throughout the year. I will depend on daily prayers and meditations, exercises, connecting to family and friends to bring a balance to my well-being in life. The rules will help deepened my faith and strengthen my spiritual life to unify with others. Helping others and showing compassion through the desire of spiritual gifts and natural talents.

Creating a rule of life will help me with my personal rules and deepen my desire and longing from my inner self. Making a commitment with God and honoring Christ as he wants me to live. Developing a daily praying habit, join bible study groups, delegating my life to Christ, be obedient to the lord, studying and reading the bible daily, love my siblings, including my neighbors, praying for discernment spirit, forgiveness, and pure heart.

Self-care as social worker, I am learning to live a well balance life-style, eating well(good diet plan), including exercise in my daily schedule, take necessary time off to rest, quiet time, praying and meditating, sleeping well (7-8 hours) and a

balance family relationship will help me perform and be helpful to other in my professional life.

### **What are you learning about yourself?**

I am learning more about my self-care how to forgive and be tolerance with people and to walk with God and to be servant to others for a well-balanced life. My gifts and talents are instruments that I can use to fulfill my life spiritually and inspire other through my gifts. My mission and vision to help women and girls in African will be a blessing to many families. Establishing a safe home for underserved girls & women suffering due to poverty, trauma, violence, abuse, sex-trafficking, injustice, and inequality and other issues will help so many females in Africa. Developing awareness programs and workshops will inspire the poor to use their natural gifts and talent to better themselves and others. Natural gifts are talents we all have within ourselves but sometimes we are unaware of our gifts if we do not have faith. Sometimes it is unnoticeable, or people will not recognize their gifts because they are not in the spirit or praying to God to show them their natural resources.

Cooking and creativities involving arts and crafts are my natural gifts. I enjoy cooking and planning food events and making people connect through food. Everybody love food, using by gift to feed people and share food has been remarkable and interesting in my house. I enjoy food company and the happiness it brings to the food table. As a little girl, I remember my father saying to me “If you continue to cook, you will be successful in what you do.” He said people will also surround me through my cooking. At the time I was learning to Cook, and I learned to cook my tradition food first called “fried Okra sauce.” When I was comfortable enough to cook, my father asked me to cook “Fried Okra sauce” for dinner. My father was very practical about his food, he only allows one person to

cook for him. I was worried how I will season the food without salt because my father did not like salt. It was a Friday, I struggled throughout the night because my father said Saturday, I will be in the kitchen to cook my favorite Okra sauce.

I pray all night for God to be with me during the cooking process. Saturday morning came, after breakfast I started to prepare for lunch to cook the okra sauce. I was incredibly nervous because I have not cook for the entire family before. I prep the food and was ready to cook, everybody left the kitchen for me to cook without any interruption. The food was ready before my father came home from work. I was nervous of what my father will say about my cooking but to my surprise, my father really enjoyed my food. Since that day, my father also reminded me to never give up cooking because it is a natural gift for me. My father also went on to say to me “my hand is a tool to use when ever I am in need, cooking or crafting will always be a blessing to you.” I have seen too many blessings when I cook. People will come to me to help them plan menus or cooking events or even asked me to prepare food for them.

I want to use my gifts to help inspire African girls and women to develop hope and strength to better their lives. Working with other international organizations and networking with women rights advocates around the world will help me achieve my goals. Establishing an alliances with other global organization will help me succeed with my passion and desire to help the poor. 9

At one time I wanted to open a traditional restaurant, but it was time consuming. I think using my cooking skills will help me with my social work profession to inspire women and girls to develop their own natural gifts or talent to enhance on their purpose on earth. Encouraging people to find their talent and purpose will help them develop confidence and self-esteem. I am learning more about my self and my natural gifts. I remember one time I did not have a job, I

scheduled Saturday's cook sale taking orders and preparing food for sale to pay my bills. I would make up to \$1000 on a Saturday cooking taking food orders. This is when I realized my gift was a spiritual intervention from God, that I will never suffer if I use my natural gift, he gives me. As Ephesians 2:10 read "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Reference:

Cox, K., & Steiner, S. (2013). *Self-care in social work: a guide for practitioners, supervisors, and administrators*. NASW Press.

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