



KEEPING LIFE BALANCED

“How good and pleasant it is when
God’s people live in unity.”
Psalms 133:1

Work Family

I work daily, travel, and promote AWA with a diverse group of like-minded staff. They could be considered our “work family.”

These days, I am with them more than our own family. Yes, I keep in touch with our immediate family by text, email, and cell phone, maintaining the ties back in Canada. Still, some days, more is needed to

fill the void of missing them. Often, I walk into the office with a smile, but the mask of always being upbeat can take its toll.

When we chose to answer the call to serve with AWA, we didn’t realize how much we would be away from family and in work mode.

Managing a medical aviation non-profit and helping others in need means answering calls from missionaries 24/7 due to emergencies, project needs, and the day-to-day staff and office needs. This balancing act of a constant work mode can lead to

burnout, disconnection, and discouragement. My answer to finding balance along with staying in contact with family is to follow a mental health plan that includes God.

Prayer

Ask God during prayer time for peace of mind, strength, and balance of work and home life. Pray with humility, focusing on those around you who have more significant needs.

Open communication

Talking to God will help you lean more on Him. Tell Him you feel disheartened, disconnected, and overworked. Be honest with God so you can be honest with yourself and be a better person to those you are away from and at work so you can work in unity.

Heart check

Ask God to open your heart and shine a light on areas of darkness. Share with him your desire to help your work family with troubling situations, relationships, and behaviors.

Devotionals

Find a daily devotional that guides you through personal positive mental health so that you can better help yourself and others.

Boundaries

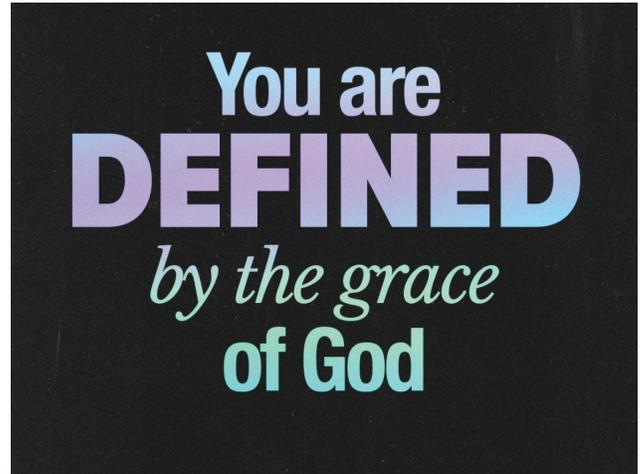
Kick-start your mental well-being sooner rather than later by implementing boundaries. It is essential to take time for yourself.

Our work here reaching others is vital, and I still feel the calling to reach those in need, a greater “family” to serve.

Thankfully, we have an awesome God who watches over us all at AWA and helps us move forward **physically, emotionally, relationally, or spiritually.** Only **HE** can give us insight into becoming better work families and strengthening our family connections.

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” Colossians 3:15

Thank you for your continued support of AWA. Feel free to email me a note anytime on how you keep life in balance. —info@flyawa.org



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