

The likelihood of Risk - Loneliness and Anxiety

Loneliness

One of the commonest struggles that mission workers have is with loneliness. Being the “main man” or “main woman”, always having to give out, being ultimately responsible for everything, can leave workers feeling tired, dejected and alone, lacking real friendship or support.

- Do you have friends?
- Who can you turn to for encouragement and support?
- Who is there just for you as opposed to your work?
- Do you have close friendships with home church supporters?
- Is fostering friendship a priority?

Anxiety

Every one of us knows what it is to worry. Some people are by temperament more prone to worry than others, and for them anxiety can become a serious problem, affecting their ability to function. Working cross-culturally can exacerbate anxiety as mission workers struggle to live in a new, often spiritually oppressive culture.

- Are you a person who gets anxious?
- Do you recognise when you are vulnerable, and what might trigger anxiety?
- Do you try to keep a healthy work/life balance?
- Are you able to take regular times out of your situation for rest and relaxation?
- Are there people to whom you can turn when anxiety affects you?