

WELLBEING AND MINISTRY

Pastors don't get into difficulty because they forget they are pastors, they get into difficulty because they forget they are persons.

Dr. Archibald Hart

WHAT'S GOOD FOR YOU?

WHAT'S THE GOOD LIFE?

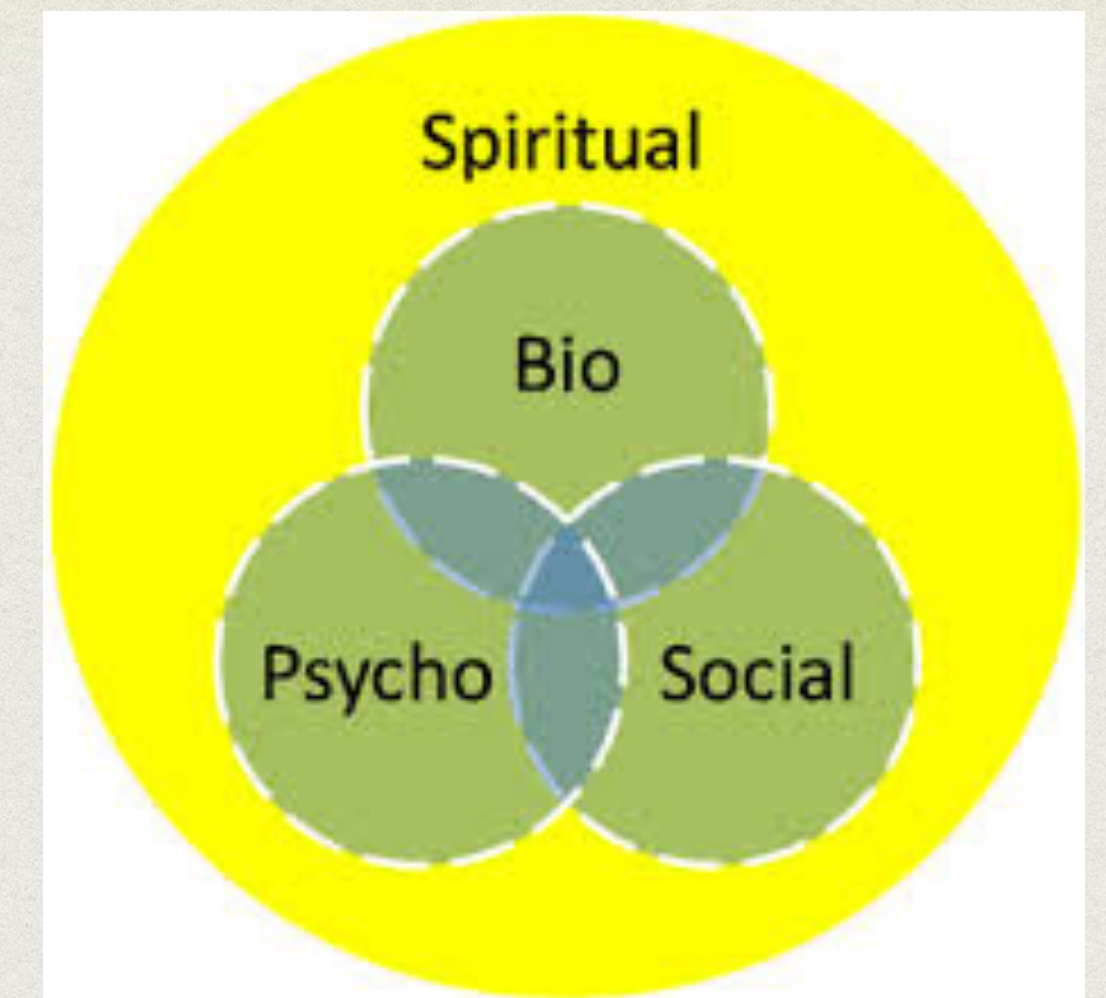
(Spirit, food, rest, activity, thoughts, emotions, social)

NAZARENE CLERGY STRESS

- A majority of pastors report “very little” or a “a moderate amount” of stress; however, 37% of pastors who consider their position full-time reported “a lot” or “an extreme amount of stress.”
- 19% of part-time pastors reported “a lot” or “an extreme amount of stress.”

WELLBEING=

- **Biological** - physical functioning, wellness
- **Psychological** - mental, emotional, thoughts
- **Social** - horizontal relationships, connectedness, engagement, belongingness, accountability
- **Spiritual** - vertical, relationship with God



BIOLOGICAL EMBRACE YOUR LIMITS

- **Sleep - CBT-I Coach**
 - **Insomnia Coach**
- **Breathe (diaphragm)**
- **Stretch & Move**
- **Nourishment (myplate.gov)**
think nutrient-dense foods
vs calorie-dense & limit
caffeine intake
- **Time & Task management**
 - **Set work hour boundaries**
(manage your adrenaline)
 - **Unplug from technology**
 - **Plan recovery times**
 - **Do unpleasant tasks first**

PSYCHOLOGICAL

- **Notice thoughts & emotions**
- **Radical acceptance (AND), committed action (YET)**
 - **Normalize depression**
- **End work day on a high note (fulfilling/meaningful)**
- **Play (holy detachment, restorative niche)**

SOCIAL

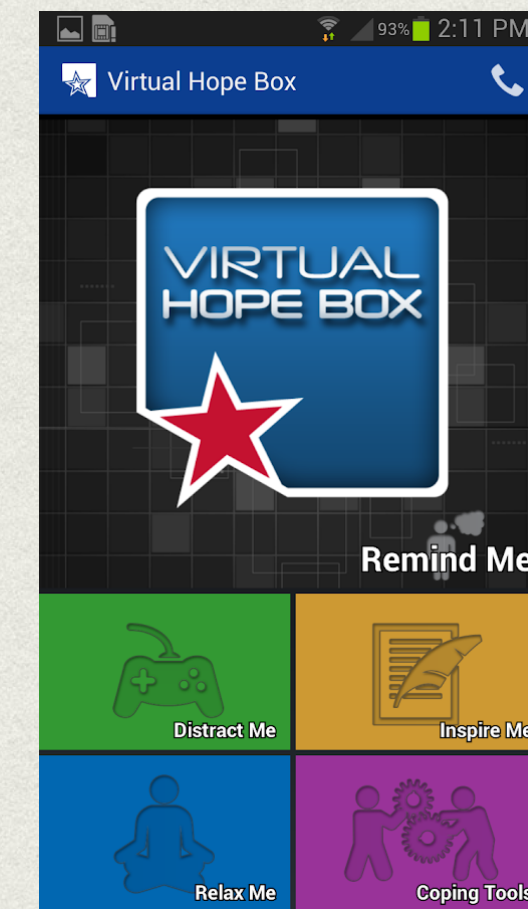
- **Proactive boundaries with others**
- **Openness & connection versus isolation**
- **Resolve conflicts quickly**

SPIRITUAL NURTURE YOUR SOUL

- **Awe - <https://greatergood.berkeley.edu>**
- **Gratitude (three good things exercise)**
- **Compassion, Purpose, Forgiveness**
- **Prioritize the Sabbath**
- **Practice solitude & silence**
- **Meditate on God's Word**

INCREASING RESILIENCE

- Reflect prayerfully on the day - Daily Examen
- Resilience First Aid Kit (Virtual Hope Box app)
- Conflict resolution and/or assertiveness training
- Pastoral Grief Reaction
- Counseling or coaching



RESOURCES

- Work Well (Notre Dame) <https://workwellresearch.org/research-projects/>
- Duke Clergy Health Initiative <https://divinity.duke.edu/initiatives/clergy-health-initiative>
- Pastor Care Inc <https://www.pastoralcareinc.com>
- Lifeway Research <https://research.lifeway.com/category/lifeway-research/>
- Pastoral Psychology <https://www.springer.com/journal/11089>
- compassinitiative.org

BIBLIOGRAPHY

- A Guide to Flourishing - Dr. Chris Adams, <http://pastor.whdl.org/en/browse/resources/13926>
- Flourishing in Ministry - Max Bloom
- Faithful and Fractured - Rae Jean Proeschold-Bell, Jason Byassee
- Emotionally Healthy Spirituality - Peter Scazzero
- Dangerous Calling - Paul David Tripp
- Pastors are People too - Jimmy Dodd, Larry Magnuson
- Resilient Ministry - Bob Burns, Tasha Chapman, Donald Guthrie
- That Their Work Would be Joy - Cameron Lee & Kurt Fredrickson