



HealthFlex Summit—October 2021



Wespath

BENEFITS | INVESTMENTS

Clergy Well-Being Survey

Review and Feedback

2021 Survey Overview

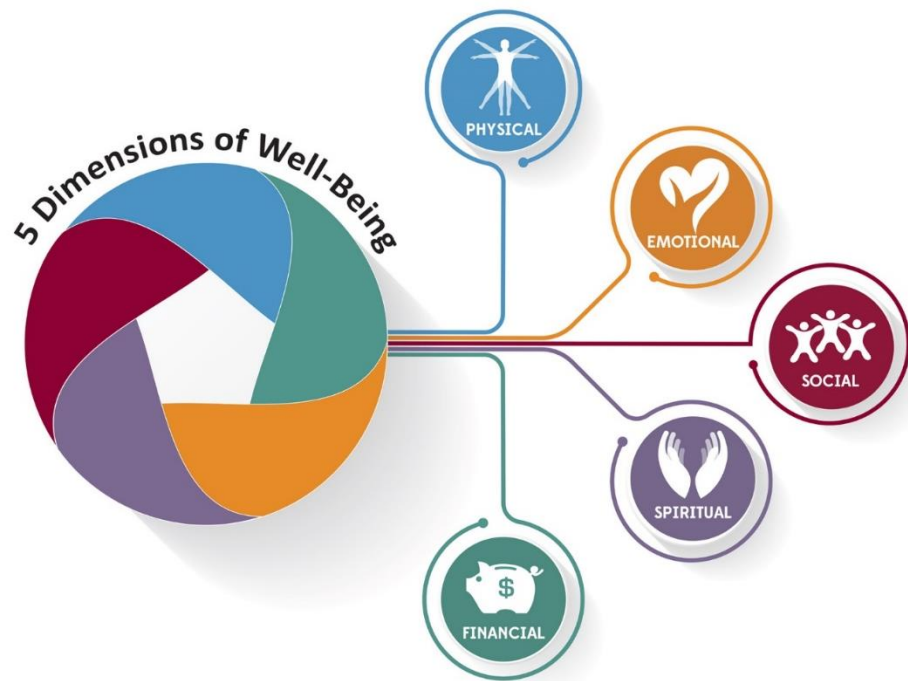
- Sixth biennial Clergy Well-Being survey
- Sent to random sample of 4,000 clergy, 28% responded
- Final data weighted to correct for biases
- Arrows denote statistically significant findings

Significant



Past Decade Shows Decline in Well-Being for UM Clergy

- Since the 2012 survey, there has been a steady decline across almost all dimensions of well-being of UM clergy.
- The 2021 survey continues this negative trend with an even steeper decline compared to 2019, showing the dramatic impact COVID-19, social/racial injustice and the ongoing uncertainty within the UMC has had on clergy well-being.





Physical Dimension—

Obesity, diabetes and hypertension on the rise



47%

Have a body mass index
(BMI) > 30 kg/m²*



26%

With diabetes or
pre-diabetes

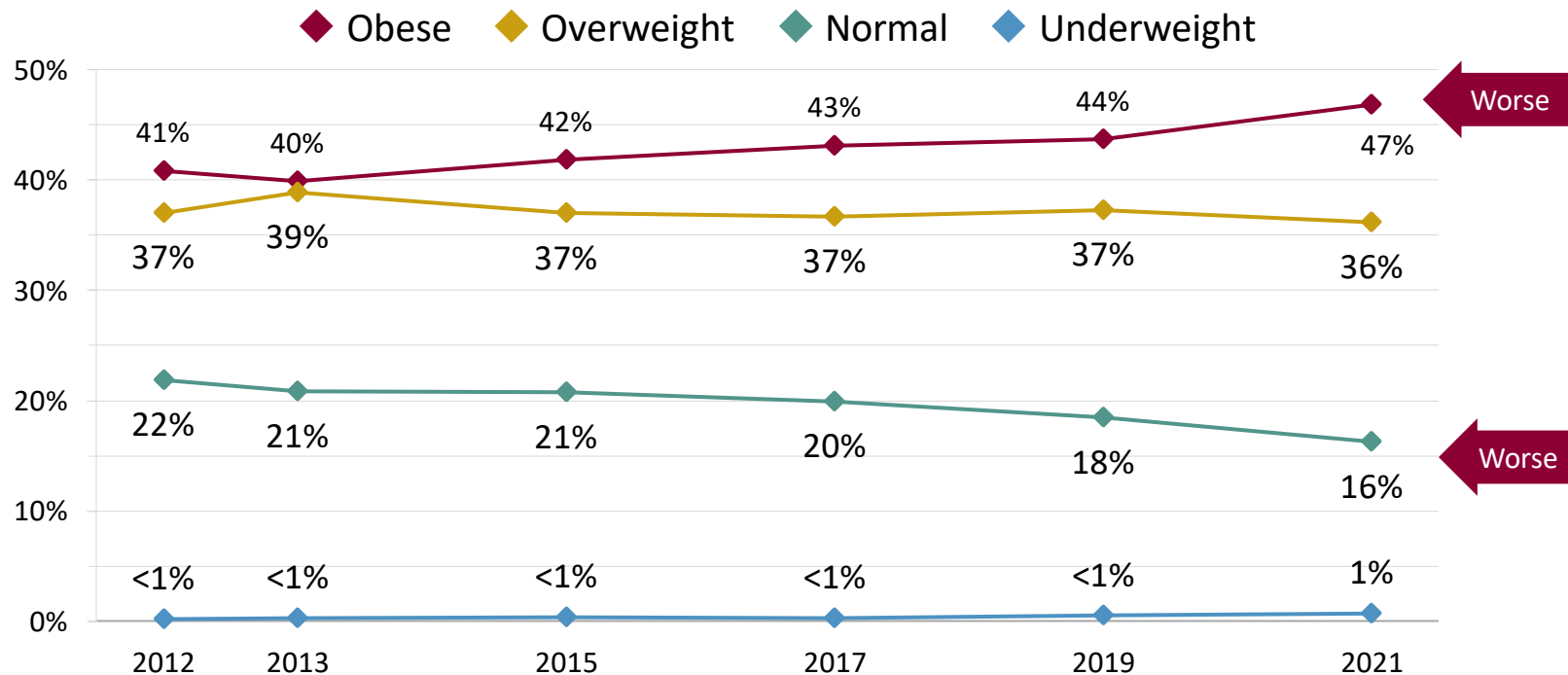


33%

With hypertension or
pre-hypertension

* According to the CDC, adult BMI greater than or equal to 30 kg/m²* is considered obese and increases risk for a number of health conditions.

BMI >30 Means Risk to Overall Health





Emotional Dimension—

Increase in depression and stress is alarming



14%

Report suffering
from depression

34%

Are experiencing
functional difficulty from
depressive symptoms

Top 4 functional depressive symptoms

- 1) Sleep troubles
- 2) Feeling down or hopeless
- 3) Little interest or pleasure in activities
- 4) Trouble concentrating

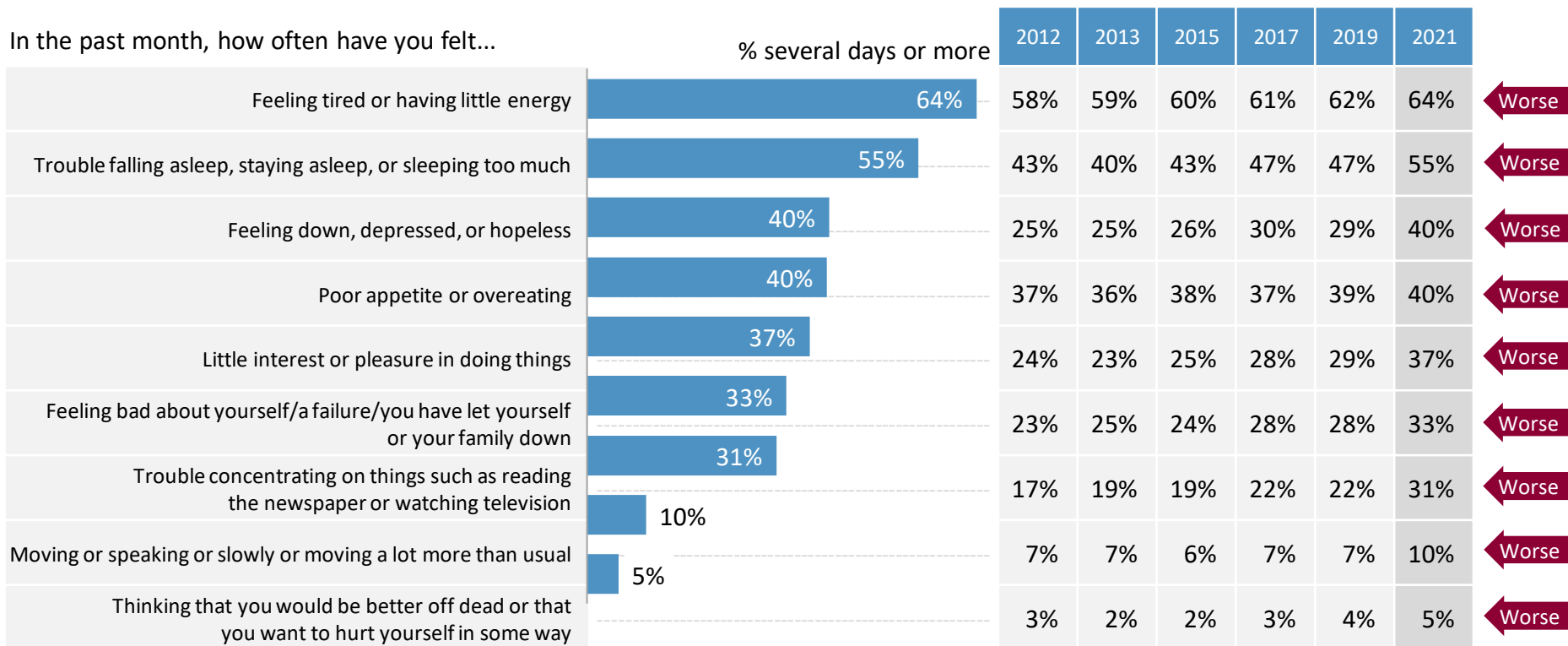
Almost half (45%) report feeling stress in the past month

Top measures include:

- 45%** feeling like things were not going their way
- 36%** not feeling “on top of things”
- 27%** feeling more nervous and stressed

Depressive Symptoms Continue to Worsen

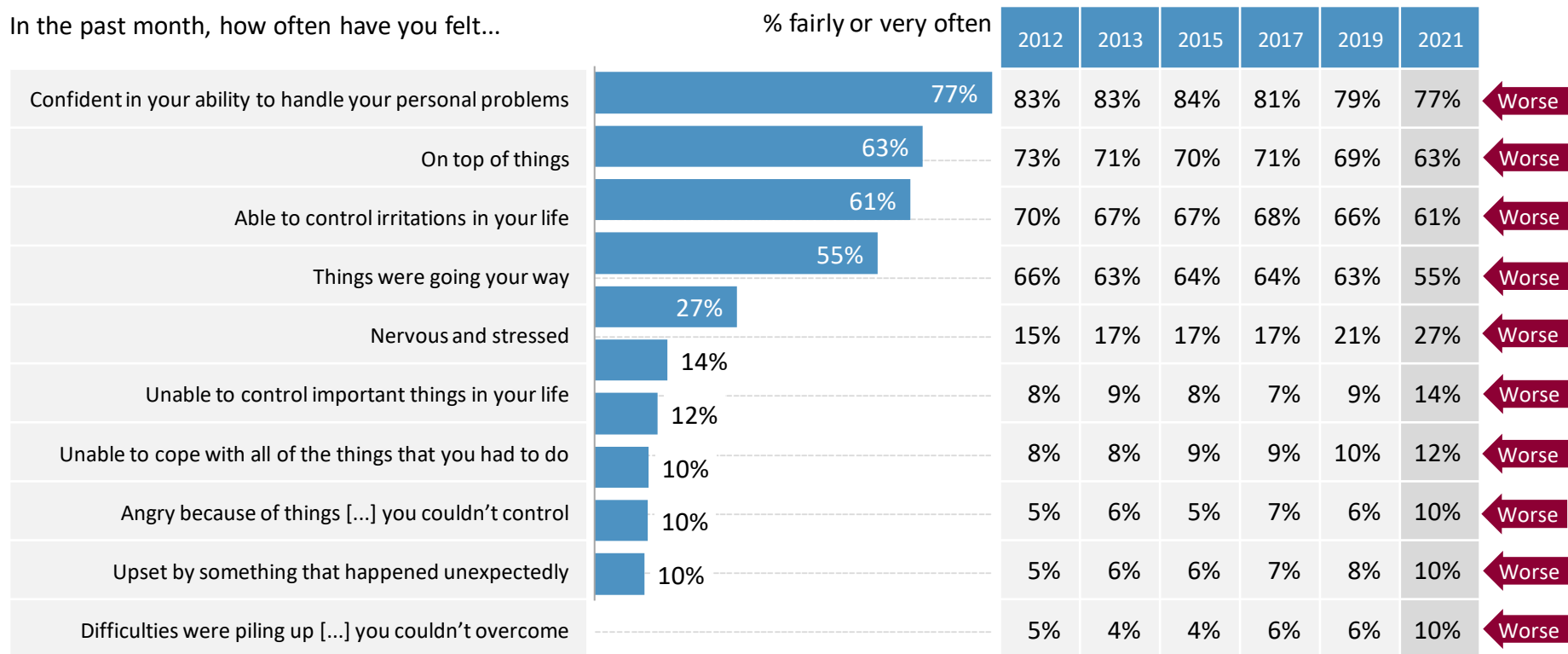
In the past month, how often have you felt...



Perceived Stress Worse Across the Board

In the past month, how often have you felt...

% fairly or very often





Social Dimension—

Work/life balance and social stressors increasing



25%

Report not feeling understood
by family and friends



52%

Report work-related stress



42%

Report work isolation



Spiritual Dimension—

Spiritual vitality and well-being are diminishing



Fewer feel the presence of God in their daily life

61% ↓ 5 percentage points

Feel the presence and power of God in the ordinary

51% ↓ 6 percentage points

Feel that events are unfolding according to God's plan



Fewer feel the presence of God in ministry

70% ↓ 6 percentage points

In planning and leading worship

79% ↓ 5 percentage points

When sharing in the sacraments

And, while overall spiritual well-being is declining, more than 85% still find strength and comfort in their faith and more than 80% feel a sense of purpose in life and that their life has been productive.



Financial Dimension— Financial well-being is improving



35%

Are not stressed about finances—
the lowest result in 10 years!

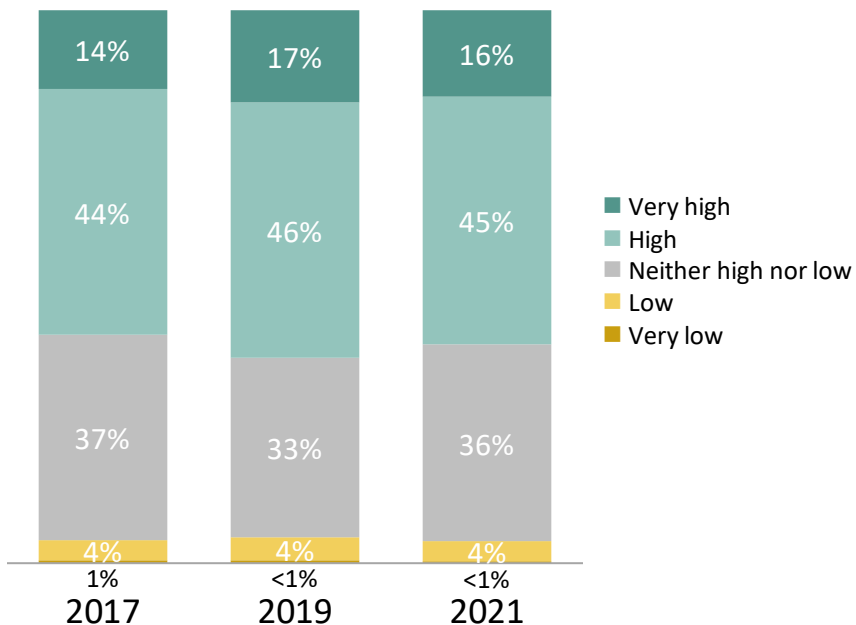


59%

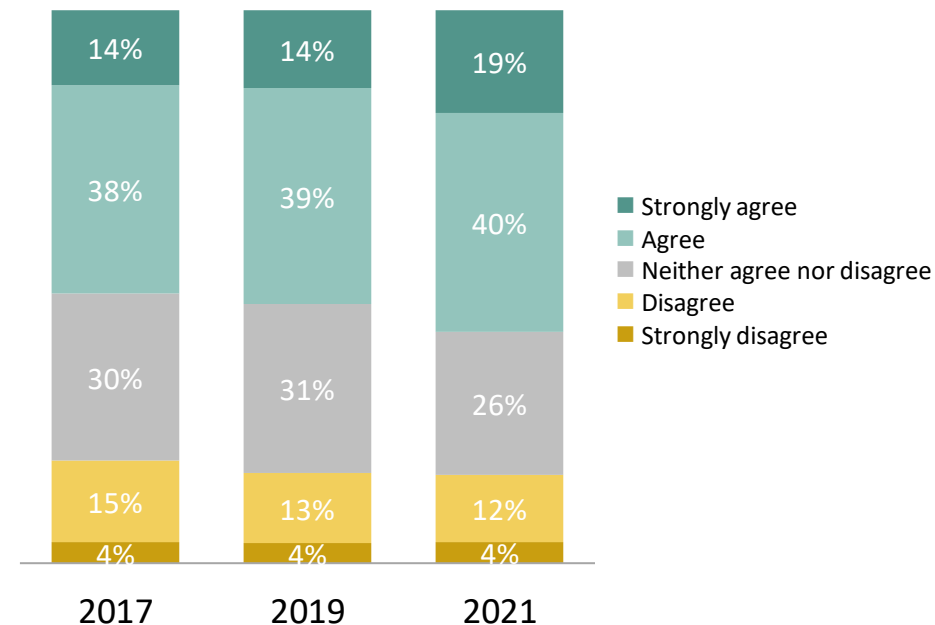
Feel on track for a comfortable
retirement—also improving!

Financial Knowledge Stable, Perceived Retirement Readiness Improved

Overall Financial Knowledge

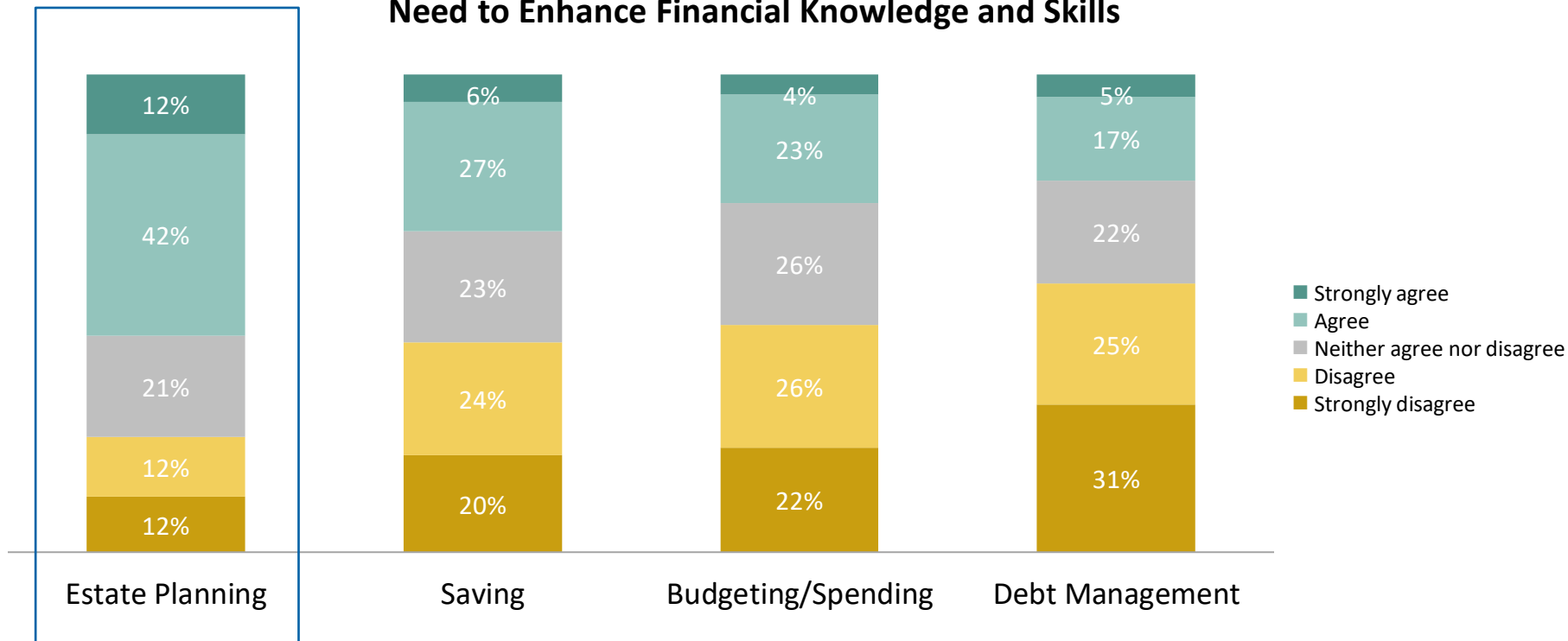


On Track for a Comfortable Retirement



Continued Opportunity for Financial Education

Need to Enhance Financial Knowledge and Skills



Demographic differences highlight disparities in age, race, gender and other areas

At higher risk for PHYSICAL well-being issues

- Men
- Black clergy
- Older clergy
- Clergy working in a smaller church

At higher risk for EMOTIONAL well-being issues

- Women
- Younger clergy (especially those with children)
- White clergy

Lower income clergy at higher risk for both PHYSICAL and SOCIAL well-being issues

Cabinet-level Church leaders (bishops and district superintendents) report better emotional, social and spiritual well-being



What's Next

Wespath is taking action and concentrating our efforts in several areas:

- Enhancing mental/emotional health programs – improving access to one-on-one counseling
- Facilitating listening sessions with clergy and Church leaders
- Working across the denomination to create partnerships to combine energy, efforts and focus on improving clergy well-being



Pastor Appreciation Month

- Acknowledge clergy well-being is suffering with work environment a contributing factor; reflect and target efforts to support clergy well-being
- Email outreach
 - CBOs, Conference Communicators, Foundations, District Superintendents, Bishops
- Social media posts—Please share!
- Resources
 - 50 Ways to Support Your Pastor's Well-Being
 - Lewis Center



New Denominational Wellness Offering

- Mental Health First Aid training
- Offering virtually in 2022
- Different audiences and training intensities





Mental Health First Aid

Planned Offerings



What: 60-minute introductory webinar (live and on-demand)
Who: all UMC audiences
When: Q1 2022



What: 60-minute webinar—deeper dive (live and on-demand)
Who: all UMC audiences
When: Q1-Q2 2022



What: 5–6-hour virtual workshops
Who: selected champions
When: Q2 2022-ongoing

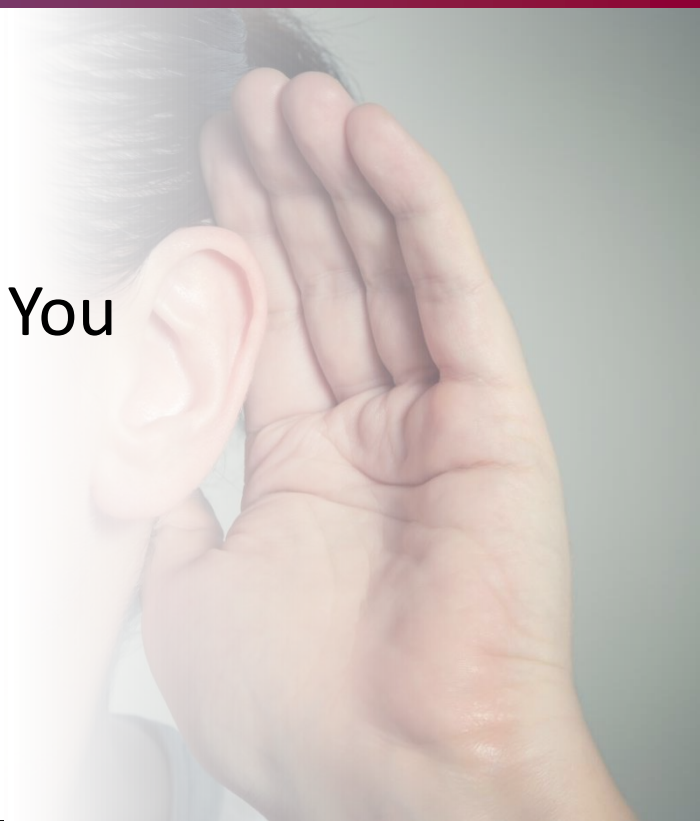
How Can You Help

- Help us spread the word to clergy and those who surround them
- Identify mental health champions to participate in workshops
- Be an expert on available support
- Champions **do not** need to be clergy



More Listening To Do

- Breakout sessions today
- Young Leaders Advisory Board
- Listening groups after Delivered to You
- Other opportunities





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