



Wespath

BENEFITS | INVESTMENTS

CONFERENCE FORUM

Well-Being to Sustain the Connection

Agenda



Why Well-Being Matters



Key Risks

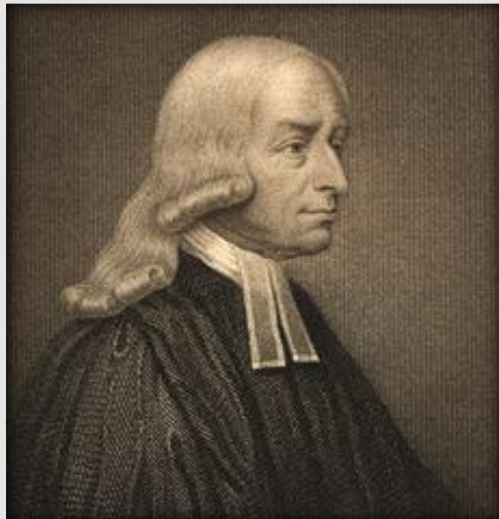


**Strategies and Resources
to Improve Well-Being**

Clergy Well-Being and Vital Congregations



Good Health Is the Wesleyan Way

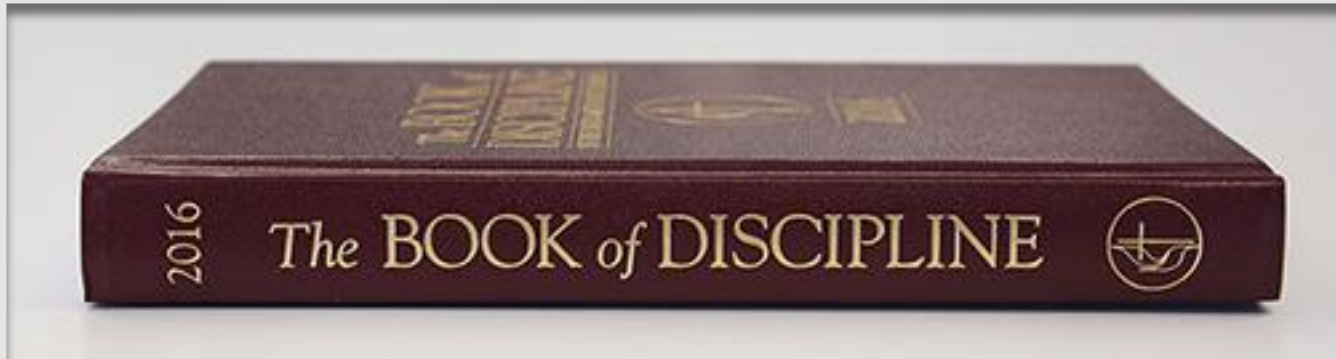


John Wesley recognized
and linked health and
healing in his teachings

Those who read or write much should learn to do it standing;
otherwise it will impair their health.

— *John Wesley*

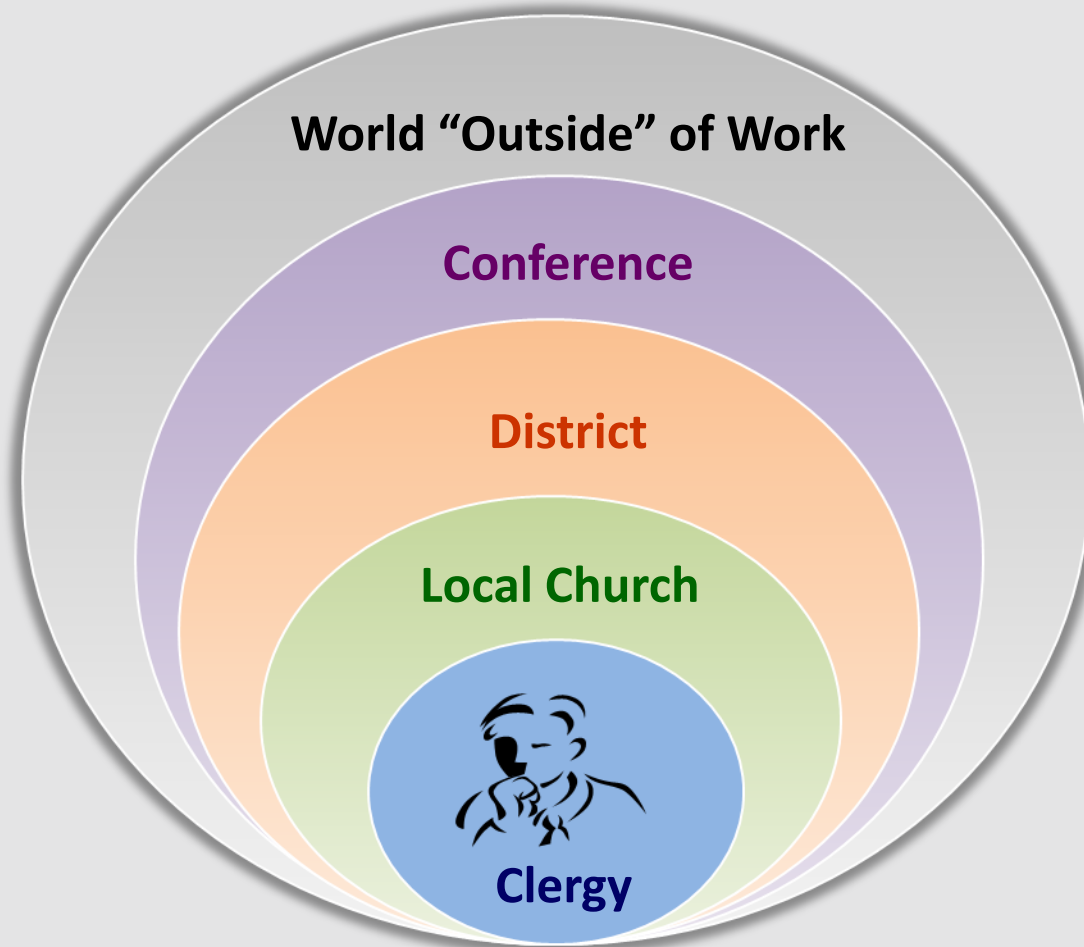
UMC Statement for Well-Being



¶639.7, 2016 *Book of Discipline*

“In addition, the board [conference board of pensions] or authorized agency shall provide and maintain health and wellness programs for the annual conference’s full-time clergy and full-time lay employees.”

Environment Impacts Well-Being



Challenges to Clergy Well-Being

- Seminary training may not fully prepare clergy for complex parish life
- Itineracy impacts personal, social and economic factors
- Many demands from many places
 - Congregation, district, family, conference, self
- Lack of healthy food choices available at events
- Lack of social support outside of congregation

Key Health Risks



- Weight
- Diabetes and prediabetes
- Hypertension
- Stress
- Depression
- High cholesterol

From 2015 Clergy Health Survey n= 1501 and HealthFlex population n= 9522

Center for Health

Center for Health

A division of Wespath Benefits and Investments

3 Functions

Welfare
Plans

Health
Plans

Well-being
Programs

Center for Health Focus



- Trusted denominational health resource
- Promoting vitality in mission and ministry by improving 5 dimensions of well-being
 - UMC clergy, lay employees, and their families

Physical • Emotional • Spiritual • Social • Financial

Five Dimensions of Well-Being



- Integrated
- Wholistic
- Well-being—more than just wellness

Ways to Improve Physical Well-Being

- Support health screenings
- More nutritious food choices at events
 - Mobile apps such as **Fooducate**
 - Recipes at **eatright.org** and **letsmove.gov**
- Create groups who have similar well-being goals
- Congregational Health Ministry
- Invite and share success stories
- Address parsonage issues



Ways to Improve Physical Well-Being



**Everyone stand up
for a stretch break**



Ways to Improve Emotional Well-Being

- Employee Assistance Programs
- Counseling resources for spouses/children of clergy
- Low-cost pastoral care/counseling (often available at seminaries)
- Boundaries training/family systems
- Family support
- Confidential mentoring/coaching
- Spouse and family retreats



Ways to Improve Spiritual Well-being

- Make spiritual/renewal time away a possibility*
- Participate in small covenant groups
- Compile a list of local/nearby spiritual directors and retreat centers
- Explore retreats such as Soderquist RENEW experience for UM clergy and spouses (couples)
<http://soderquist.org/pages/renew>
- “Screen-free” days—no cell, no computer, no TV
- Apps such as **Echo Prayer** and **Bible Gateway**



¶350.2, 2016 Book of Discipline

Meditation Verse



“But seek first His kingdom and His righteousness, and all these things will be given to you as well.”

Matthew 6:33

Ways to Improve Social Well-Being

- Finding “why” to care for yourself in important relationships
- “Screen-free” meals with family and friends
- Small groups outside of church or with other denominations
- Make relocation socially healthy
- Assist children/youth in making connections in the church and community
- Respect social media views and boundaries



Ways to Improve Social Well-Being

- Turn to your right and get to know your neighbor
- Suggestions—find out:
 - Who he/she is and where he/she is from
 - What is something special about him/her that no one knows
 - Where is the farthest he/she has traveled



Ways to Improve Financial Well-Being

- Regularly share supplemental continuing education financial resources with clergy
- Wespith has resources!
 - EY
 - Financial assessments
 - Clergy Benefits Academy
 - revitup! (clergy 25-39 years old)
 - Pre-retirement seminars
- Clergy tax workshops



How the Center for Health Can Help



- Quarterly Center for Health newsletter/bulletins
- Workshops and presentations
- Consultation on well-being strategies
- Resources on website

How the Center for Health Can Help



- Toolkits on a variety of topics
- Webinar series—
How to have a Healthy Family
- *50 Ways to Support your Pastor's Well-Being*
- Administration of programs
 - Virgin Pulse well-being program
 - Quest Diagnostic's Blueprint for Wellness—
health metric screenings

Well-Being Team



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