



Dear Participant,

This Saturday, October 10, is World Mental Health Day. Given all that 2020 has handed us, it's helpful to take a moment and reflect on our own emotional well-being and think about areas where we may need self-care and support. It's also important to take the time to act and reach out for help. Yet, it is often that last step of asking for help that most of us aren't comfortable with. In this update, we share some simple ways to get started so you can be your best self no matter what comes your way.

- Tune in to the World Mental Health Day 24-hour global online advocacy event on Saturday, October 10 at [facebook.com/WHO](https://facebook.com/WHO). This livestream will feature mental health leaders and influencers from around the globe.
- If you are a HealthFlex participant, take advantage of eight confidential, no-cost visits per issue through the [Employee Assistance Program](#). You can also use the EAP for non-covered members of your household. If you've exceeded your EAP visits during this time, remember HealthFlex covers outpatient counseling at the same level whether your provider is in-network or not.
- Fight stress by staying active *and* connected. Through the Virgin Pulse "Walk the Wesley Way" challenge, you can take a walking tour of the UMC. The challenge lasts through October. Join up with fellow walkers anywhere along the journey—from South Georgia to Oregon-Idaho and many stops in between. Check it out and join a team from your [Virgin Pulse](#) account.
- Help is available 24/7 through the Optum Public Crisis Line at **1-866-342-6892**. If you or someone you know is in crisis, don't hesitate to call.

Clergy can be particularly affected by stress. We know in trying times, many clergy put their own self-care on the back burner. In reality, this is when remaining vigilant at caring for their own mental, physical, and spiritual health is even more important. Here are some clergy-specific resources to help:

- In Amplify Media's [Now and Next webinar series](#), church leaders discuss the many ways COVID-19 is affecting church and community life. In [episode 5](#)—"Taking Self-Care Seriously: Managing Stress So You Can Care for Others"—panelists give encouragement and advice for techniques for building resiliency.
- Testimonials from clergy who have learned firsthand the importance of asking for help are reflected in this [video](#). Additionally, our [Emotional Well-Being webpage](#) provides resources to help with conflict resolution, stress management, sleep, screen time and more.

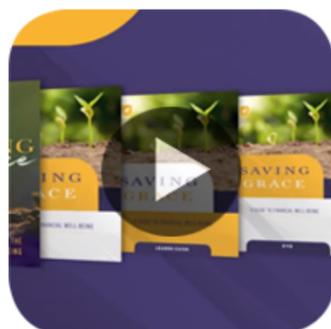
To find more health and well-being information from Wespath, like us on [Facebook](#) and [Twitter](#).

## Investment News and Information

Amid uncontrolled wildfires, COVID-19, a busy Atlantic storm season and global conversations about social inequality, Wespath Chief Investment Officer Dave Zellner reflects on time spent near the fires and the intersection of climate risk and the pillars of Wespath's Sustainable Economy Framework. Read more in our most recent [Investment Insights Blog](#).

In another article, Dave shares thoughts in this [Op-Ed](#), which appeared recently in *Pensions & Investments*. Zellner delivers a call to action regarding how investors must act collectively to address systematic issues—such as COVID-19, climate change and social justice—in order to improve market outcomes for all.

## For Your Education



### Saving Grace

*Saving Grace: A Guide for Financial Well-Being* is a new educational curriculum that seeks to support and strengthen clergy and congregations with a Wesleyan guide to improved financial planning. For more information, please click [here](#).



### Markets-At-A-Glance

Read our latest [Monthly Investment Report](#) and watch Wespath's new Deputy Chief Investment Officer, Trish Halper, deliver this month's Markets at a Glance update.



### Wespath Benefits and Investments "Delivered to You" – October 26 – 27

This virtual event will focus on the five dimensions of well-being and provide information that will inspire and encourage clergy of all ages and stages in ministry. For registration and event information click [here](#).

a general agency of The United Methodist Church



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