

Northern Region Conference: Resilience & Wellbeing in Ministry

17th May 2016

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Agenda

- Our context
- What do we already know?
- What's the literature saying?
- Take away?

Our context

- Society
- Church

Issues facing clergy

In the US -

Forney (2010):

- Mental health workload (compassion fatigue, secondary trauma)
- role ambiguity
- diffused boundaries between clergy & congregations

In Australia -

Bickerton (2013):

- Role ambiguity
- Interpersonal conflict
- Work-home interference
- Work overload

What do we already know?

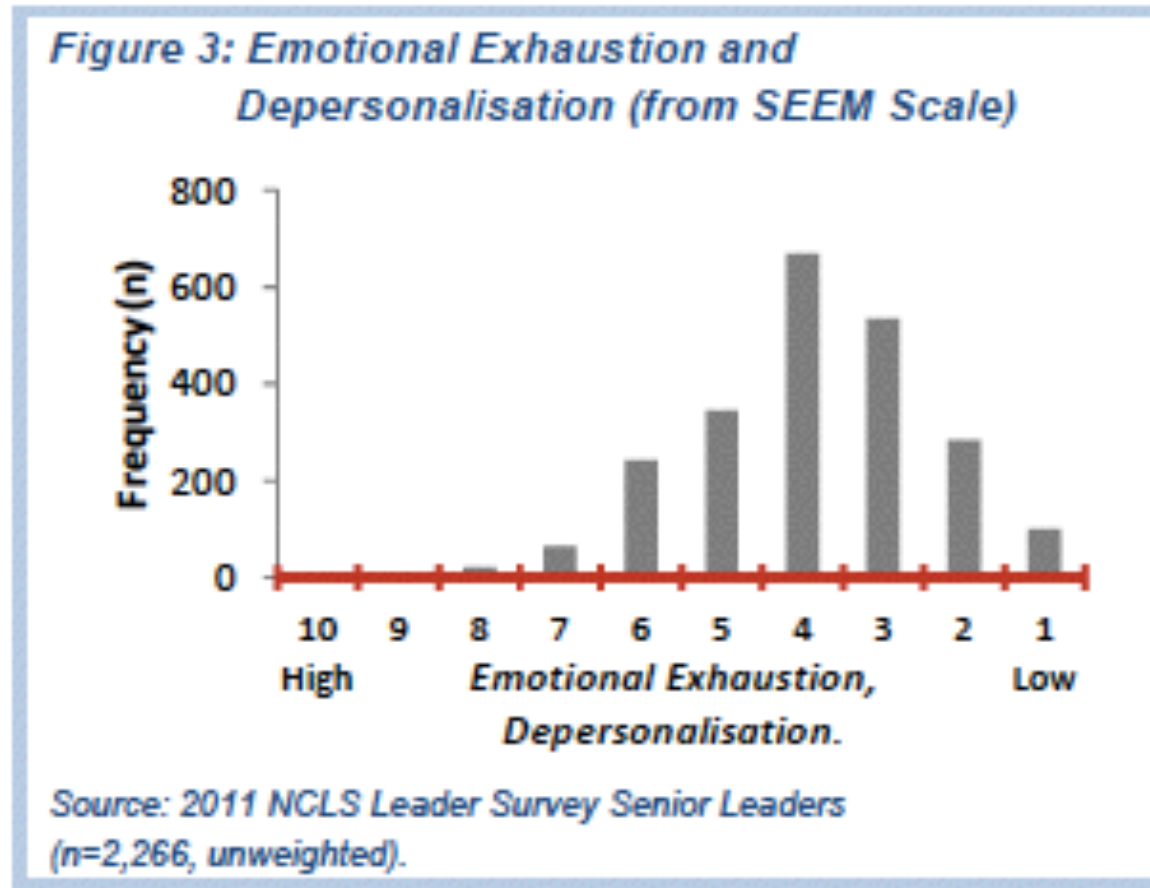
- What is a godly/ healthy lifestyle?
- How does that define a godly/ healthy ministry?

Discuss.

Mental Illness Vs Mental health



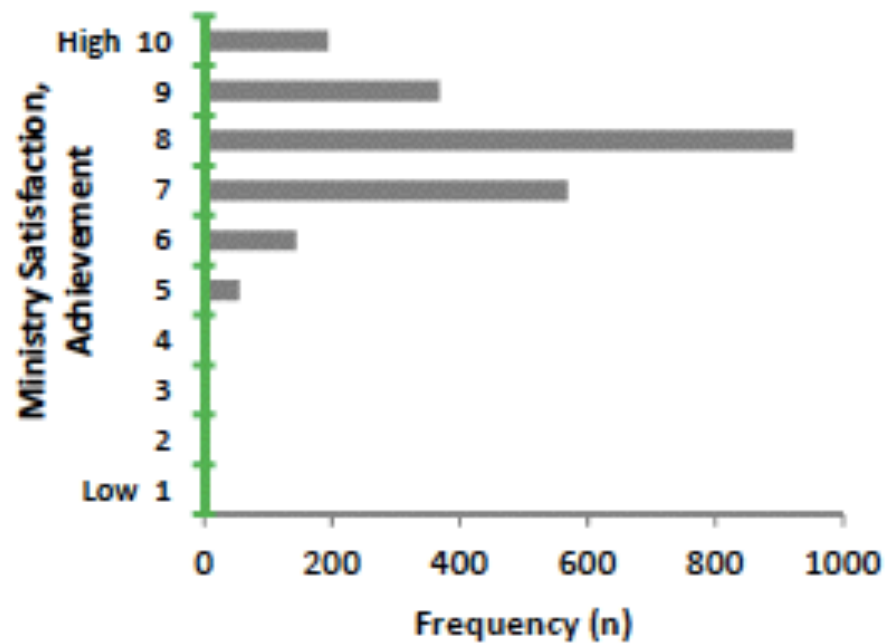
Mental Illness Vs Mental health



NCLS Research Fact Sheet: Thriving, Surviving and Burnout (2014)

Mental Illness Vs Mental health

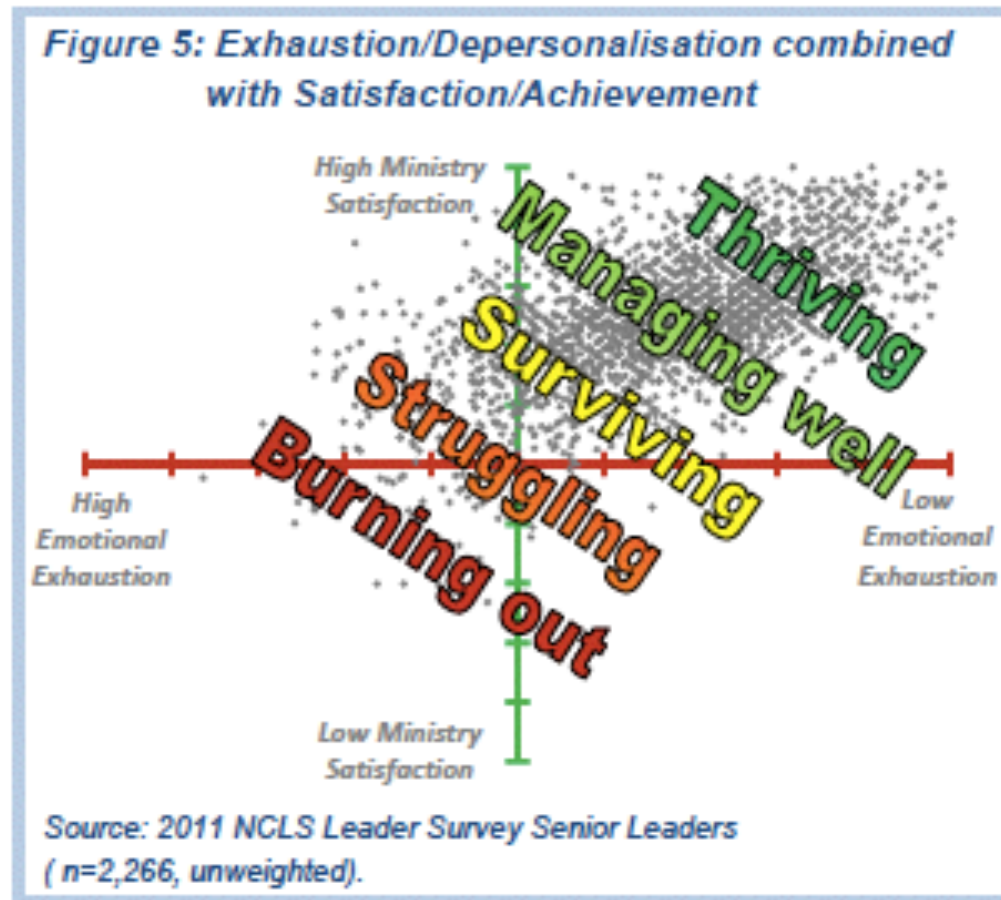
*Figure 4: Ministry Satisfaction and Achievement
(from SIMS scale)*



Source: 2011 NCLS Leader Survey Senior Leaders
(n=2,266, unweighted).

NCLS Research Fact Sheet: Thriving, Surviving and Burnout (2014)

Mental Illness Vs Mental health



NCLS Research Fact Sheet: Thriving, Surviving and Burnout (2014)

Resilience & wellbeing in church-based literature



- Jackson-Jordan (2013)
 - well-functioning pastors maintain a balance between home & work; had satisfying relationships; maintained regular spiritual practices (2003)
 - Success as a pastor tied to taking time to reflect on learnings; reliance on God and others; pushing beyond the comfort zone; accepting change (2007)
 - Spirituality (connectedness to God) is positively associated with positive coping and less likelihood of burn-out (2004)
 - Spiritual dryness is the primary predictor of emotional exhaustion (2009)

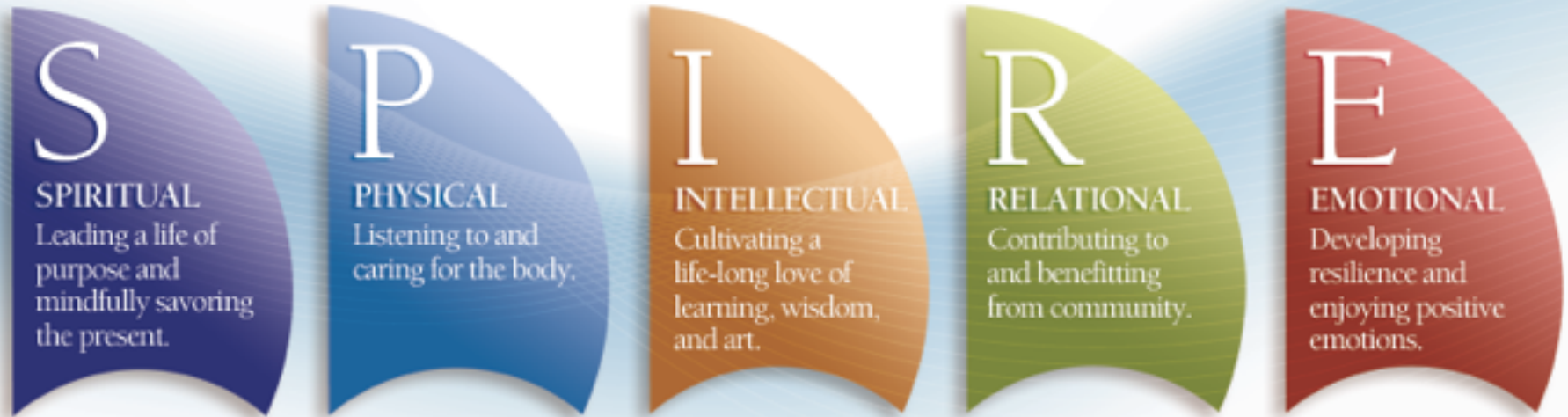
Resilient ministry

- Burns, Chapman & Guthrie (2013)

Themes for resilience in fruitful ministry:

1. spiritual formation
2. self-care
3. emotional & cultural intelligence
4. marriage & family
5. leadership & management

Resilience & wellbeing in secular research



Tal ben Shahar

wholebeinginstitute.com

Resilience & wellbeing - a health check?

- ✓ Spiritual
- ✓ Intellectual
- ✓ Emotional
- ✓ Relational
- ✓ Physical
- ✓ Structural

Hold on a second!

Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it.

Luke 9:23, 24

“So why not burn out? What is wrong with burning ourselves out for Jesus?... The problem is that we do not sacrifice alone. It may sound heroic, even romantic to burn out for Jesus. The reality is that others are implicated in our crashes. A spouse, children, ministry colleagues, prayer partners and faithful friends...”

Christopher Ash, “Zeal Without Burnout”

Spiritual - health check?

“I may be a pastor, but I’m an inch deep. My life is filled with incessant activity and little prayer. ‘Contemplation’ is foreign in my vocabulary and non-existent in my life.”

- Pastors Summit Participant, Burns et al (2013)

- Sense of significance, purpose
- Mindfulness
- Prayer & thankfulness

Intellectual - health check?

- Link to spiritual: spiritual formation through reading the bible
 - Close reading of texts
 - Challenge

Emotional - health check?

- Self-awareness:
 - how prefer to act
 - the impact you have on others
 - cultural context

“I feel like I’m running a forty yard dash with a sprained ankle. I don’t have time to feel. I’ve got to go to the next thing. And you know, you just get tired.”

“You have to know who you are and how others are different. How can you manage yourself or work with other people if you don’t know how everyone is unique? ”

- Pastors Summit Participants, Burns et al (2013)

Relational - health check?

“The most effective way to develop a healthy church is for me to be healthy and maintain the health of my marriage.”

- Pastors Summit Participant, Burns et al (2013)

- Marriage
- Fellowship

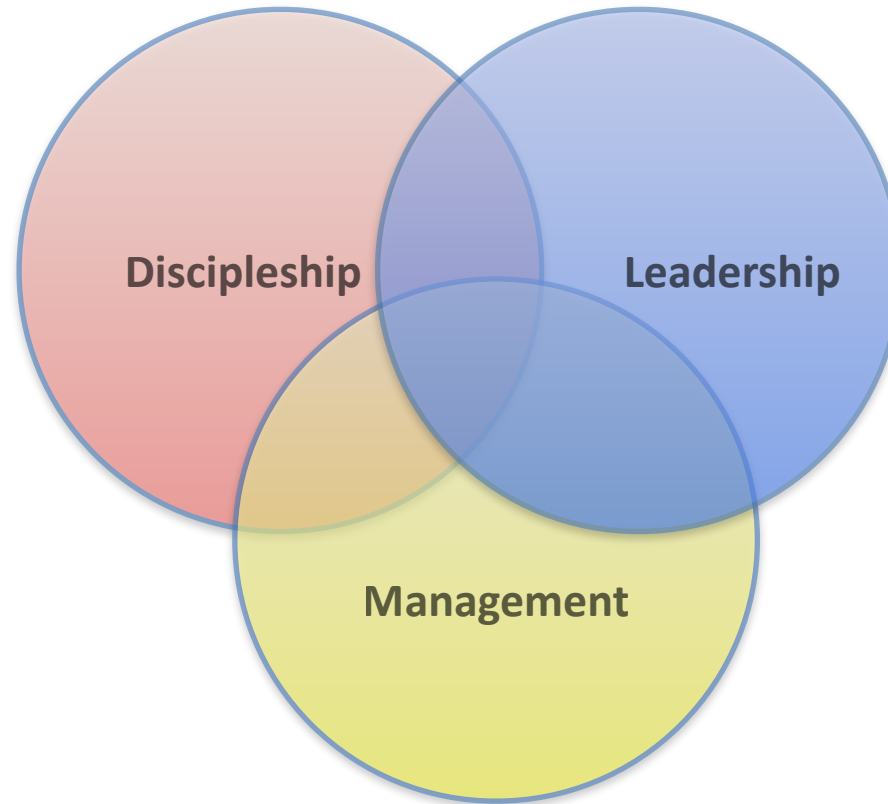
Physical - health check?

- Exercise
- Sleep
- Diet
- Relaxation

Dept of Health Recommendations (16 - 64 yrs)

- Doing any physical activity is better than doing none.
- Be active on most, preferable all, days every week
- Accumulate 150 to 300 minutes (2.5 to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1.25 to 2.5 hours) of vigorous intensity physical activity, or a combination, each week.
- Do muscle strengthening activities on at least 2 days each week
- Minimise the amount of time spent in prolonged sitting

Structural - health check?



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