



# A Few Good Resources: Clergy Well-Being 2023

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## Emotional/Mental

All aspects of well-being pertaining to a sense of connection, belonging, a well-developed support system, and personal expression including the creative arts.

- [Trauma Healing Institute](#) – Provides resources around trauma healing using mental health therapy and engagement with God through Scripture.
- [605 Strong](#) (DK) – Offers free mental healthcare if using providers in the network in South Dakota.
- [Navigating Turbulent Times with Emotional Intelligence](#) with LeaderWise – One of several programs offered by LeaderWise, this course offers insights on how emotional intelligence relates to leadership in ministry, especially during challenging times.
- [Wespath](#) offers numerous resources around emotional well-being. The webinar on [“First Aid for Mental Health”](#) guides clergy and leaders on how to handle encounters with individuals who may need additional mental health support.
- [Life Support Resources](#) – A curated list of resources around the various dimensions of mental health challenges for today’s church and leaders.
- [“Minding the Body, Mending the Mind”](#) by Joan Borysenko – A great book teaching one how to manage physical and emotional well-being by taking an active role in self-healing.

## Financial

All aspects of well-being pertaining to finances including knowledge and skills of financial planning, managing expenses and debt, and one's relationship with money.

- [Dakotas Conference's Financial Well-Being Resources](#)
- [Wespath](#) – Offers numerous resources around financial well-being.
- [The Pastor's Wallet](#) – Equipping pastors to master their personal finances. Pastorswallet.com
- [Financial Literacy and Education Commission](#) – To help sustain financial well-being for all individuals and families. ([MyMoney.gov](#))
- [Ruth Hayden](#) – Planning your financial present and future can be one of the most frustrating yet rewarding experiences in your life. For more than forty years, Ruth Hayden, a nationally recognized educator and author, has been helping people just like you break down old habits and achieve financial success and satisfaction with their money goals. Through her years of experience as a speaker, author, educator, and consultant, Hayden knows how to help people start on this financial path.
- [So Money](#) Podcast with Fornoosh Torabi – Candid conversations about money
- [Journey to Launch](#) Podcast – Ideas and resources to help your savings, debt, and launch your financial journey.
- [Mint](#) – Best overall app for daily money activity.
- [YNAB](#) (You Need a Budget) – Best app for achieving financial goals.
- [Honeydue](#) – Best app for couples starting bring finances together.
- [Saving Grace](#) – a guide to financial well-being and grounded in Wesleyan theology. Curriculum for clergy and church participants, complete with DVD and leader's guide.
- [LSS Financial Choice](#) – Offers financial counseling up to six sessions at no charge for clergy.
- [Udemy.com](#) – Offers online personal finance classes.

**Best books to improve your financial health.** These books were recommended by individuals who work closely with people wanting to improve their financial well-being; Can also be a good book study.

- [“Your New Money Mindset”](#) by Brad Hewitt and James Moline
- [“Your Money or Your Life”](#) by Vicki Robin and Joe Dominguez
- [“Seven Stages of Money Maturity”](#) by George Kinder
- [“The Index Card”](#) by Helaine Olen and Harold Pollack
- [“Earn. Save. Give. Wesley's Simple Rules for Money”](#) by James Harnish – Foundational to Wesley's theology around money, this book is easy to read and a book study resource as well.

## Physical

All areas of health that relate to physical aspects of the body including nutrition, exercise, weight management, sleep, ergonomics, tobacco use, managing chronic health conditions, injury/illness prevention, and more.

- [“Why We Sleep”](#) by Matthew Walker and [best TED talks](#) on the importance of sleep.
- [“The Blue Zones”](#) by Daniel Buettner – In this National Geographic sponsored book, the lifestyles and habits of those living to 100 in several regions of the world are explored.
- [Activity Planner](#) – Find tips to get moving and build a weekly activity plan.
- [NOOM](#) – Helps you manage nutrition and better lifestyle choices.
- [My Fitness Pal](#) – A weight loss and fitness app.
- [The Real Food Dieticians Blog](#) – Learn more about healthy eating.
- [Stretches to Counteract Sitting](#)
- [Wespath](#) – Great resources to assist with your physical well-being.

## Social

All aspects of well-being pertaining to a sense of connection, belonging, a well-developed support system, and personal expression including the creative arts.

- [“Holy Friendships”](#) by Victoria White
- [“A Path to Belonging: Overcoming Clergy Loneliness”](#) by Mark Sundby and Mary Kay Duchene
- [“Survive or Thrive: Six Relationships Every Pastor Needs”](#) by Jimmy Dodd
- [Wespath](#) – Providing resources to support social well-being
- [Dr. Curt Thompson](#) – Psychiatrist, speaker and author Curt Thompson connects our intrinsic desire to be known with the need to tell truer stories about ourselves—showing us how to form deep relationships, discover meaning and live integrated, creative lives.

## Spiritual

All aspects of well-being pertaining to the search for purpose and meaning in life, including one’s morals and ethics. This may include the belief in a higher power, but does not have to be aligned with a religion.

- [“Body Connections: Body-based Spiritual Care”](#) by Michael S. Koppel
- [“Experiencing the Depths of Jesus Christ”](#) by Madame Guyon
- [“The Holy Longing”](#) by Ronald Rolheiser
- [Wespath](#) – Provides resources around spiritual well-being

- [“Things Above: Cultivation a Passionate Pursuit of God”](#) by Mark Trotter
- [“Strengthening the Soul of Your Leadership”](#) by Ruth Haley Barton
- [The Transforming Center](#) – For almost 20 years, the Transforming Center has provided retreats, relationships, and resources for those who long to keep seeking God in the crucible of leadership.
- [Renovare](#) – Renovaré USA is a Christian nonprofit that models, resources, and advocates fullness of life with God experienced, by grace, through the spiritual practices of Jesus and of the historical Church. Christian in commitment, ecumenical in breadth, and international in scope, Renovaré helps people in becoming more like Jesus.

## Vocational

All aspects of well-being pertaining to personal satisfaction and enrichment in one’s job/career/calling.

- Clergy and Congregational Resources on Call at [the Collegeville Institute](#)
- [Called to Lives of Meaning and Purpose](#) – A list of resources to assist with vocational discernment for clergy and congregations from the Collegeville Institute
- [Flourishing in Retirement](#) by LeaderWise
- [“What Color is your Parachute”](#) by Richard N. Bolles
- [LeaderWise](#) – Provides numerous opportunities to explore calling and vocation

## Total Well-Being

- [Dakotas Conference: General information about clergy well-being](#)
- [50 Ways to Care for your Pastor](#) – View this handout to pass onto your Staff Parish Relations Committee.
- [TED Health](#) – TED talks/podcasts around health and well-being topics.
- [Taking Charge of Your Health](#) – Public resources around healing and well-being are offered at the University of Minnesota’s Center for Spirituality and Healing.
- [Journey to Wellness](#) – One of many resources provided by the Mayo Clinic around health and wellness.
- [Community Resources](#) – Explore resources for your community offered by the Mayo Clinic Health System.