



# CLERGY WELLBEING

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## More Resources on Clergy Wellbeing

### I. Books

**Bruce Miller, *Your Life in Rhythm* (Dadlin Press, 2016), ISBN 1-68316-011-8**

Life is rhythmic, dynamic, changing rather than linear. Miller introduces a new concept of identifying, and embracing the rhythm in our lives rather than balance. By doing so we will have less unmet unrealistic expectations, and more fulfillment in what we do.

**David and Lisa Frisbie, *Managing Stress in Ministry* (Beacon Hill Press, 2014), ISBN 978-0-8341-3220-7**

The authors bring awareness of the high level of stress pastors face, possible consequences and yet suggest mechanisms to cope and live a happier and healthier life.

**Joe Gorman, *Healthy. Happy. Holy.: 7 Practices Toward a Holistic Life* (The Foundry Publishing, 2018), ISBN 0834136813**

Dr. Gorman encourages his readers to think that God designed us as whole units in sync and balance. We can miss the holistic aspect of ministry and life. Truly, life can be healthy, peaceful, and holy at once.

**Morris Dirks, *Forming the Leader's Soul: An Invitation to Spiritual Direction* (Soul Formation, 2013), ISBN 978-0615867090**

Morris Dirks discovered the importance of spiritual direction through his own difficult journey. Intimately acquainted with the realities of pastoral ministry, he explores factors that make ministry high risk, investigates matters impacting the minister's personal identity, and provides a compelling invitation to spiritual direction as a resource for thriving in life and ministry.

**Henri J.M. Nouwen, *The Wounded Healer: Ministry in Contemporary Society. In our own woundedness, we can become a source of life for others* (Random House, 1979), ISBN 978-0-385-14803-0**

Nouwen is a well-known writer in spiritual formation and chaplaincy. In this book he invites his reader and those serving in ministry to identify their own woundedness and brokenness before they can start up an effective ministry. He brings in a unique insight of service where we can help those suffering or hurting because we have identified our own need for healing.

**Henri J.M. Nouwen, *Spiritual Formation: Following the Movements of the Spirit* (Harper One, 2010), ISBN 978-0-06-168612-2**

Gentle and simple reminder that those walking the journey of faith and service must intentionally stop along the way to refuel, recharge and reconnect with God. Busy agendas must be put aside and “waste time with God” in prayer.

## **II. Websites**

Physical and mental health in ministry matters. The next links provide general and reliable information on related subjects, though they are not specific for ministers.

### **Emotional exhaustion during times of unrest**

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/emotional-exhaustion-during-times-of-unrest>

### **Job Burn Out**

<https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>

### **How to spot it and take action**

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>

(Español) <https://www.mayoclinic.org/es-es/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>

### **Depression**

<https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>