



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

WELL-BEING RESOURCE

## New Appointment New Possibilities for Well-Being

Your new appointment brings new options for a healthier you. As you become acquainted with your new congregation and settle into your new home, think of your appointment change as a fresh opportunity to enhance your overall well-being—physically, emotionally and socially. A healthier you means more vitality to serve your congregation.

### A Few Changes Can Go a Long Way:

- **Rethink your routines.** Can you walk or ride your bike to your church? Can you schedule 20 minutes each day for some physical activity? Can you brown-bag your lunch with low-fat, low-sodium and low-sugar foods that are easier on your budget than eating out?
- **Move around more.** The more you move, the more energy you'll have for your ministry. Whether you prefer walking, running, biking, working out or yard work, any physical activity helps. Explore the parks, paths, golf courses, recreational facilities and more in your new community.
- **Mix up your menu.** The local grocery store may offer interesting fruits and vegetables. After you investigate the produce section, look around for whole-grain breads and other choices that are low in fat, sugar and sodium. Stock up on healthy snacks that are easy on the go, such as carrots with low-fat dressing, fruit or whole-grain crackers. Explore farmers markets for fresh local produce and other items.
- **Schedule breaks.** Whether it's a short walk, quiet reading, meditation or even a phone call to family or friends, we all need a break in our busy days. Pastors are no exception! Schedule "me time" on your daily calendar—and don't cancel on yourself.
- **Engage your congregation.** Share with your new congregation that you're on a personal mission toward better stewardship of your own health—and enlist their help. Invite parishioners to join you for a hike and Bible study, and ask them to bring healthy options to fellowship meals and church pot-lucks.
- **Connect with others.** Social connections will make you and your family feel more at home in your new surroundings and will expand your circle beyond the congregation. Become active in your children's schools, if applicable. Consider taking adult education classes at the local high school, community college or park district. Join a bridge group or bowling league. Organize a book group or schedule a movie night. Meet with local clergy and spouses from other denominations. Try several new activities to find what works best for you.

# New In the Neighborhood?



## Work/Life Services Can Help You Settle In

While you're getting to know your new congregation, you may not have time to focus on the practical details that will help you and your family feel settled in your new locale. Call the **Work/Life Services** program for support. A Work/Life specialist can help you:

- Locate and compare child care or elder care facilities
- Find recreational activities for children and adults
- Locate a kennel or dog walker for your "best friend"
- Get answers for common financial\* or legal\*\* questions
- Research other personal needs in your new location

Work/Life Services are available at *no cost* to HealthFlex participants through United Behavioral Health, a HealthFlex vendor partner. A Work/Life specialist will do custom research based on your specific request.

**Take advantage of this no-cost timesaver.** You can reach Work/Life Services online or by telephone.



**wespath.org**

### Online

- Go to **wespath.org** and log in to **HealthFlex/WebMD**.
- Select "**EAP—Live and Work Well**" under **HealthFlex Vendor Links**.
- Click on "**WorkWell**" or "**Quick Links**" for useful information about relocation, making friends after your move, helping your kids adjust to a new school, and other topics.



**1-800-788-5614**

### Phone

- Call **1-800-788-5614** to speak with a Work/Life Services specialist.

**Important:** If the stress of moving weighs heavily on you or your family members, ask about the Employee Assistance Program (EAP)—also available through United Behavioral Health. You, your spouse and/or your children can speak confidentially with trained professionals at no out-of-pocket cost. Call **1-800-788-5614** for details.

\* One 60-minute phone consultation at no cost.

\*\* One 30-minute phone or in-person consultation at no cost; 25% discount for additional consults with the same attorney.