

Self-Care Is About Stewardship of God's Gifts



SPIRITUAL

Stewardship of
Vocation and
Connection
to God



PHYSICAL

Stewardship of
the Body



EMOTIONAL

Stewardship of
Inner Life



SOCIAL

Stewardship of
Relationships
and the
Community



FINANCIAL

Stewardship of
Resources

You and Your Environment Influence Well-Being



Individual choices *and* environmental factors influence well-being:
Accountability is key
Identifying and advocating for system changes is also key

First Aid for Mental Health—Available Online

1 in 5 Americans experience mental illness each year

On-demand training for all UMC clergy and their spouses, church leaders, staff and congregation members

- Identify when someone is struggling with their mental health
- Start a conversation
- Respond with empathy
- Guide those who are struggling to get the help they need
- Take action to manage your own mental health challenges

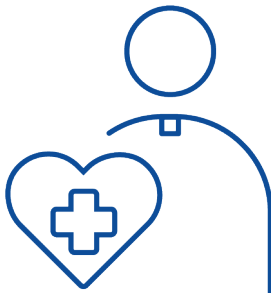
**Scan the QR code to access these no-cost trainings:
First Aid for Mental Health is for EVERYONE!**



Join thousands who have attended live or watched the recordings

Access Wespath's Research On Well-Being

- Current and historical Clergy Well-Being Survey results
- Church Systems Task Force findings
- Links to other research sources for clergy well-being, including Duke University



Wespath

2025

Clergy Well-Being Survey
Highlights



SCAN
ME

Join Our Health, Welfare and Well-Being Breakouts

When Life Takes an Unexpected Turn

For clergy who are enrolled in the Comprehensive Protection Plan (CPP)

Make the Most of Your Money

For those enrolled in a Wespath HealthFlex plan or a health plan outside of Wespath

Move More, Feel Better

For those enrolled in a Wespath HealthFlex plan or whose plan sponsor offers Personify Health