



# DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING

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### SPOTLIGHT

## Your Health

What do you think of when you hear, ‘Oh, she’s taking care of herself’ or ‘Look how fit he is’? So much of what we traditionally think of as health is physical health or how our body is doing. The challenge is to think of “being healthy” as the whole you—from the tips of your toes to the top of your head and everything in between. Science tells us that our emotional health affects our physical health and the reverse is true. Make 2020 the year that you think of health in a more integrated way. Wespath’s five dimensions of well-being are here to serve as your guide.



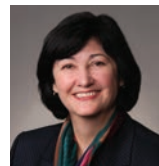
### SPOTLIGHT

## General Secretary Update

Dear Participant,

Today, we are in the midst of increased uncertainty as the COVID-19 situation continues to evolve worldwide. As I prepare for what may come next, Wespath’s plan participants and beneficiaries are foremost in my mind. Wespath remains committed to protecting benefits and the funding sources that are essential to our ability to care for those who serve. Wespath has weathered change, challenges and market volatility for more than 110 years. We will do so through this difficult time as well. Whether in the Church or in our world, Wespath stands as a calm, non-anxious servant amid uncertainty. It is my sincere hope that by the time you read this we are on our way to "flattening the curve" of the COVID-19 outbreak and planning to return to some version of "normal."

I hold each of you in my prayers during this difficult time. May God bless you.



**Barbara A. Boigegrain**  
*General Secretary,*  
 Wespath Benefits and Investments

Wespath focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families. Among Wespath’s offerings are: well-being programs, trends and research, educational opportunities and an interactive website.



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

## Easy Healthy Recipe

### Make Your Own Granola

A bag of granola can be expensive. But a bag of oats isn't! With a few additional ingredients, you can make your own delicious granola in minutes. Homemade granola is delicious as a topping for fresh or frozen yogurt, added to salads, as a crust for baked chicken or fish, or eaten alone.

#### Ingredients

- 3 cups old-fashioned oats
- 1/3 cup melted coconut oil or olive oil
- 1/3 cup honey or maple syrup
- 1/2 teaspoon salt
- 1 cup combined dry additions such as:
  - Nuts (pecans, almonds)
  - Seeds (flax, raw pumpkin (pepitas), sunflower)
  - Coconut flakes
  - Dried fruit such as raisins, dates, apricots, etc.

#### Instructions

1. Combine all ingredients except dried fruit in a large mixing bowl.
2. Line two rimmed baking sheets with parchment paper. Spread mixture into even layers on each sheet. Bake at 350 degrees for 20 minutes, stirring at least once halfway through.
3. Let granola cool completely. Add dried fruit.
4. Store in an airtight container. You can also freeze for up to 6 months.

## Light Your Own Fire and Fan the Flames

The awkward, overweight 17-year-old band kid that was me never would have believed that the 34-year-old me would have four marathons under my belt.

The “in-between me” put on extra weight in seminary from the sedentary lifestyle of reading, reading and more reading with breaks for cafeteria and fast food. After seminary, I went to Cambodia for a mission trip. For the first time, I saw myself through a different lens—I was the only one overweight.

I then got my appointment and decided to run the Bishop's 5k. I got passed by a walker. I was provoked. The good news is this was the spark that lit a fire inside me.

I found a local running group called “Moms Run This Town” whose 5 a.m. running time worked with my schedule. I quickly bonded with this group of women from all walks of life, and discovered a safe place to be myself without being “Pastor Anna”. If it was just me, I would easily stand myself up every day. But I found I would not let these women down if they need a running buddy. As these days turned into months, one woman said to me “you realize you are basically doing marathon training, right?” I had not. This shifted my attitude to “I can do this”. Sometimes you just need permission. Running with these moms who kept me accountable was vital to keeping my fire alive.

My first marathon was the Flying Pig in Cincinnati, OH. In my opinion, marathons do not get more fun than this one. Then I ran Columbus which supported the local Children's hospital. My goal was to high five every mother and hug every angel mama. Sure this slowed my time, but who cares?! I am not fast anyway. It's important to realize there are things that will veer your course. I then did Carmel, IN, in freezing, pouring rain, got hypothermia and pulled off at mile 20. It spooked me, but didn't stop me.

### PERSONAL SUCCESS STORY

Rev. Anna Guillozet

West Ohio Annual Conference



I love now being on the encouraging end to help others step into this journey. Recently, my conference was inspired by the “Walk the Wesley Way” Virgin Pulse challenge. We decided to take it a few steps further and walk to Bristol, England. One member who was experiencing health issues was inspired by the opportunity to increase her daily activity. She was very successful in the challenge, and as a result, improved her long-range health. I encourage all of you to find your fire. If your thing is walking, great. If it's swimming, hooray. I celebrate you and even your smallest efforts!

At the time this issue comes out, I will have successfully completed my goal of running 2,019 miles in 2019. After each run, I will continue my tradition of expressing gratitude for what my body can accomplish. Encouraging myself and encouraging others is what will fuel my fire into the future.

# Staycation

Is it still possible to achieve optimal rest and relaxation from a stay-at-home vacation? Absolutely. And it can cost a lot less! The key to a successful staycation is being intentional about changing things up. Here are some strategies to enjoy just where you're at from a whole new perspective:



## SET THE STAGE

Change the atmosphere of your home so it has a different look and feel than normal. If there is a certain vibe you want for your vacation—tropical, or festive for example, buy some plants and decorations that set the atmosphere. Buy a hammock, or new walking shoes so you are relaxation-ready. Make a vacation playlist with songs that lift your spirits and put you in a vacation mood.



## UNPLUG

Even down to your clocks. Tell time by the sun, forget what day it is. If you answer work calls and e-mails, it won't feel like a vacation at all. Put up an out of office message, put your phone in a drawer, and resist the urge to check your e-mail again until you're back at work.



## SKIP THE NEWS

Maybe even stop the mail. The earth will continue to turn even if you're not reading all about it every day, and sadly, the bills will still be there when your vacation is over.



## HIRE A HOUSE CLEANER

Part of the pleasure of a vacation is the maid service. Treating yourself can be cheaper than one night in a hotel and can give your week more R&R. Or, send your laundry out for a vacation from this ever-present task.



## BRING A DESTINATION HOME FOR DINNER

Order take-out or try a new recipe that is more exotic than your usual fare. Serve it in festive plates with a beautiful centerpiece. Fill your prettiest pitchers with ice water and slices of pineapples, oranges, or cucumber.



## RELAX OUTSIDE

Dine by candlelight, or take a camping trip in your own backyard. There's no doubt that fresh air is relaxing, but according to WebMD there are more perks--many plants put substances into the air called phytoncides that boost the immune system.



## BRING THE SPA TO YOU

With aromatherapy, essential oils, face masks and bath bombs all the rage, it's easy to find at-home spa products to pamper yourself.



## BUY YOURSELF STAYCATION CLOTHES

Whether it's a hotel-quality robe or a pair of new sandals, treat yourself to one staycation-wear item.

Lastly, put a chocolate on your pillow at night. Treat yourself to the downtime you deserve and put effort into you. Your well-being and your wallet will benefit from a week well spent.



# Well-Being Tips

## Listening Skills for Leaders

As a leader have you ever thought that people are just telling you what you want to hear? That they may not be fully honest or telling you all the information? Being a good listener can help facilitate better communication among your entire group. Get started with these simple steps:

- Clear your mind. Journal, meditate or simply spend time organizing your thoughts and/or to-do list. This will open up space for people to approach you and ask you questions.

- Let people express themselves freely, without trying to jump in with solutions. Try not to interrupt.
- Be conscious of your listening—it’s not something that comes naturally for all, but can be improved with practice.
- Set a good example. If others see you’re listening and focusing carefully, they will to do the same.

## Effective Communication for Stress Relief

The expression “letting off steam” has an actual definition in the Oxford Dictionary as to do or say something that helps you to get rid of strong feelings or energy. And it’s well known that getting rid of negative energy reduces stress ... and reducing stress leads to improved heart health. Be aware of how you are feeling and when you may need to let off steam—and then employ productive ways of releasing that negative energy. One of these ways might be by resolving conflict. According

to VitalSmarts, over 23 years and more than 100,000 case studies showed that most chronic problems in workplaces stem from not communicating well. If something has you stuck, try a unique way of communicating about it such as a walking meeting, or over lunch. Walking and other exercise in general is one of the best ways to let off steam. If a problem or emotion is getting in the way of you doing productive work, get up and take a quick trip around the office or parking lot.



## Print and Share Bulletins

See this issue’s bulletins for great resources to share with your congregation. Print and stuff in weekly worship booklets or other church newsletters, use as a small group handout or forward to church groups you think could benefit from the well-being topic. We support you in your effort to create a more vital church.

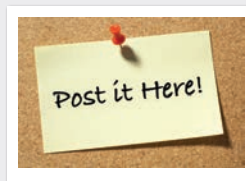
### BULLETIN #1:

#### SUPPORT YOUR PASTOR



### BULLETIN #2:

#### CHALLENGE YOURSELF TO SAVE



## Resources



A host of resources are available at [wespath.org/benefits](http://wespath.org/benefits)



**Well-Being Toolkits**  
Toolkit and webinar



**Hark!**  
April 2020 edition



**revitup!**  
Denver, CO, Nov 9-11, 2020



**Clergy Benefits Academy**  
Denver, CO, Nov 11-13, 2020



**2020 Vision Webinar Series**  
Wespath.org



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The journey to well-being lasts a lifetime. Sometimes the path is smooth and other times, there are bumps in the road and work to be done to restore balance. With patience, persistence and support from Wespath—you can do it!

## Let Us Know

If you have questions or comments, please contact us anytime at: [wellessteam@wespath.org](mailto:wellessteam@wespath.org)

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