

Flourishing in Ministry

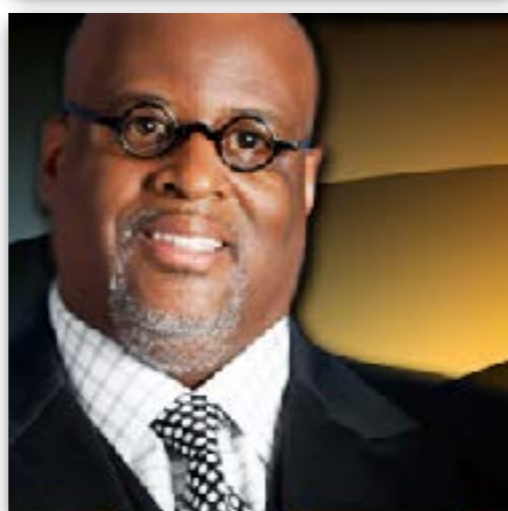
GBHEM Eight-Year Assessment Conference

Matt Bloom
 UNIVERSITY OF
NOTRE DAME

Kim Bloom
 WORKWELL

Overview of Project





10,000+ surveys;
15+ denominations





500+ narrative
interviews

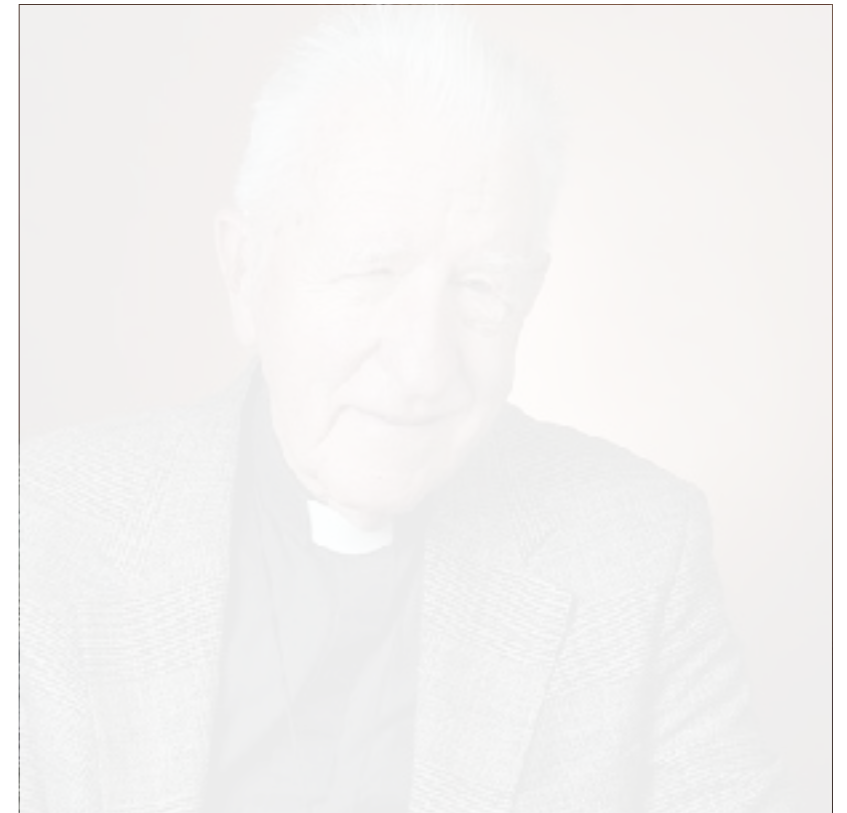
Wellbeing:

A **holistic** perspective



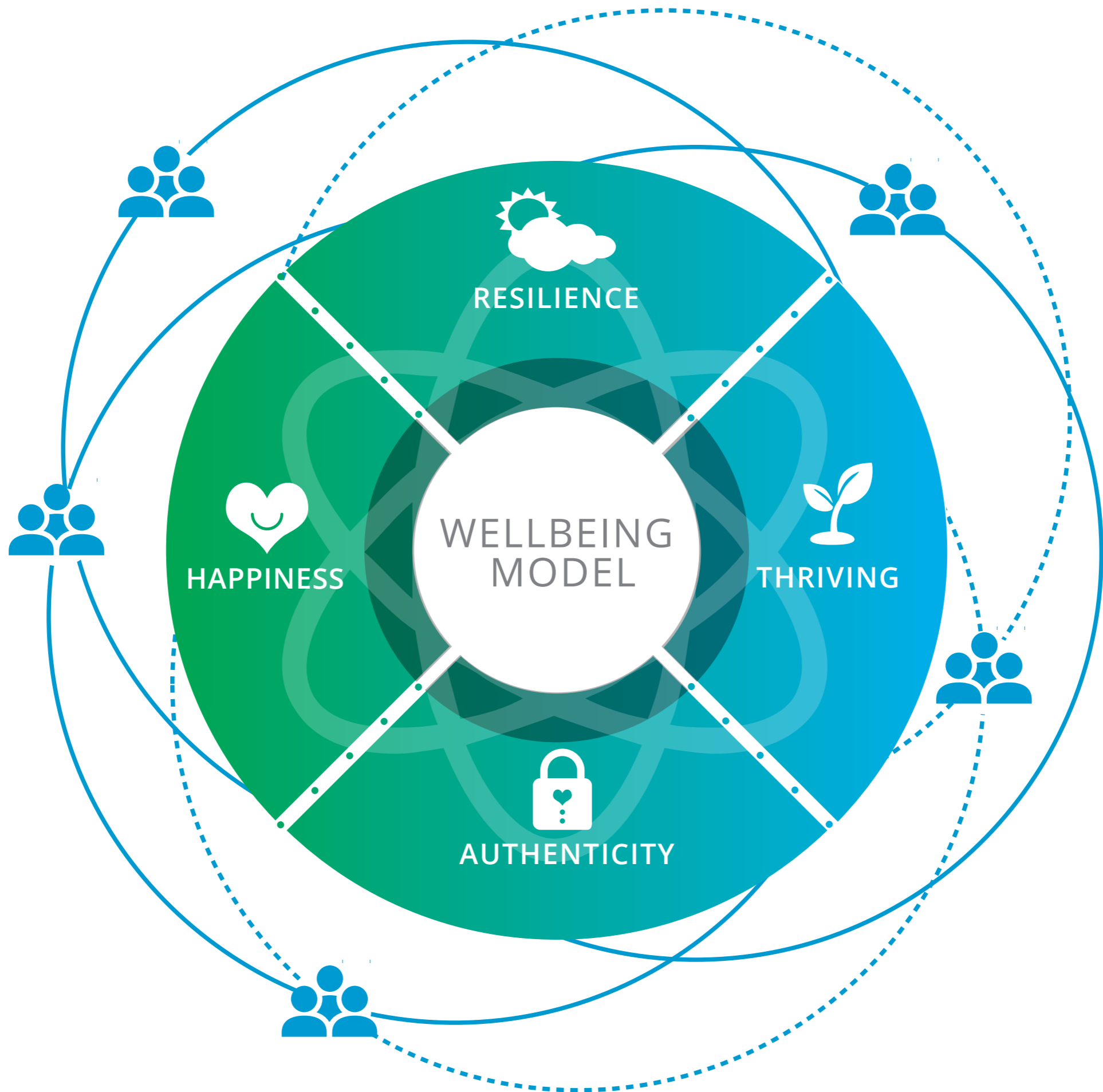


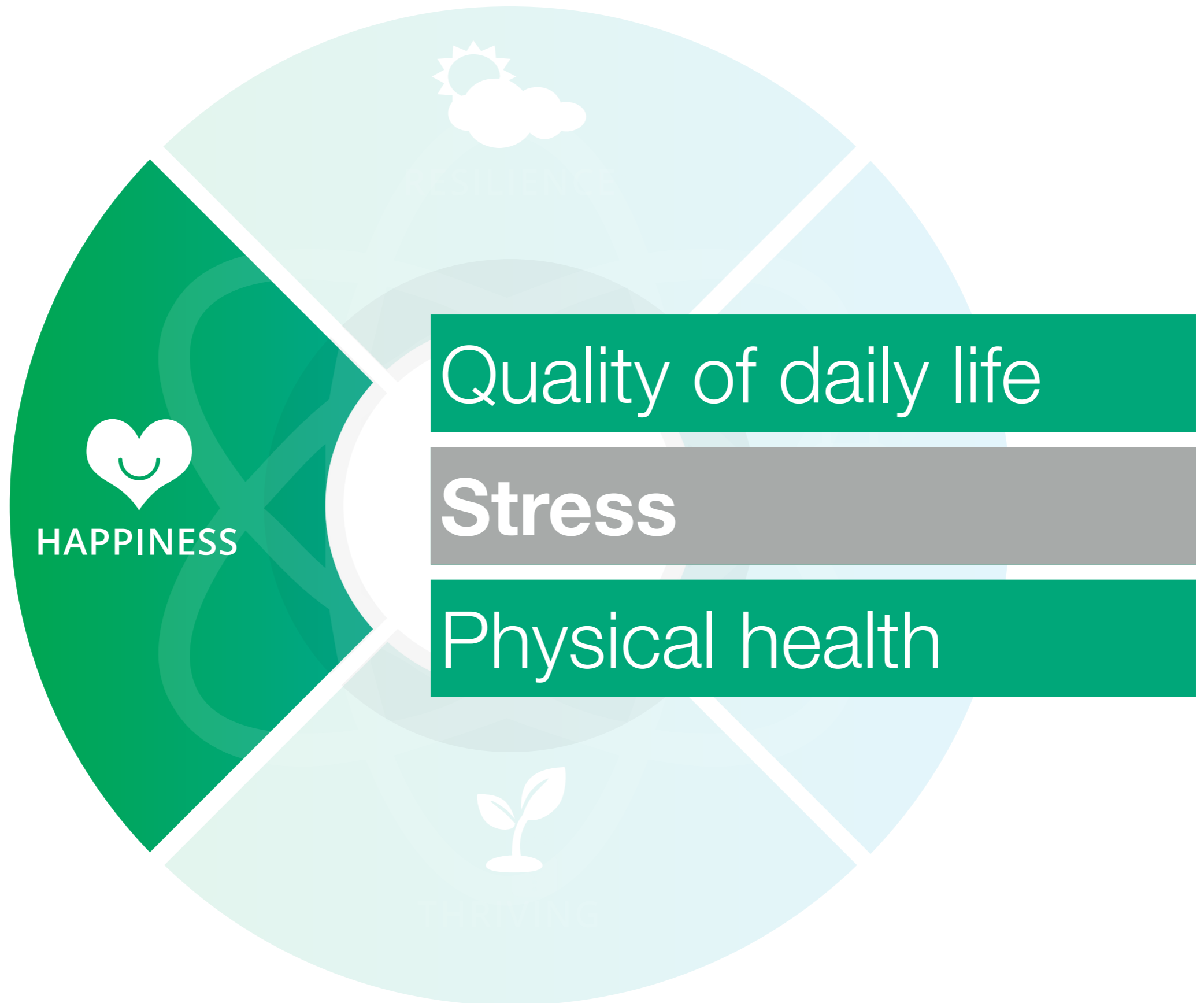
Life-long
wellbeing



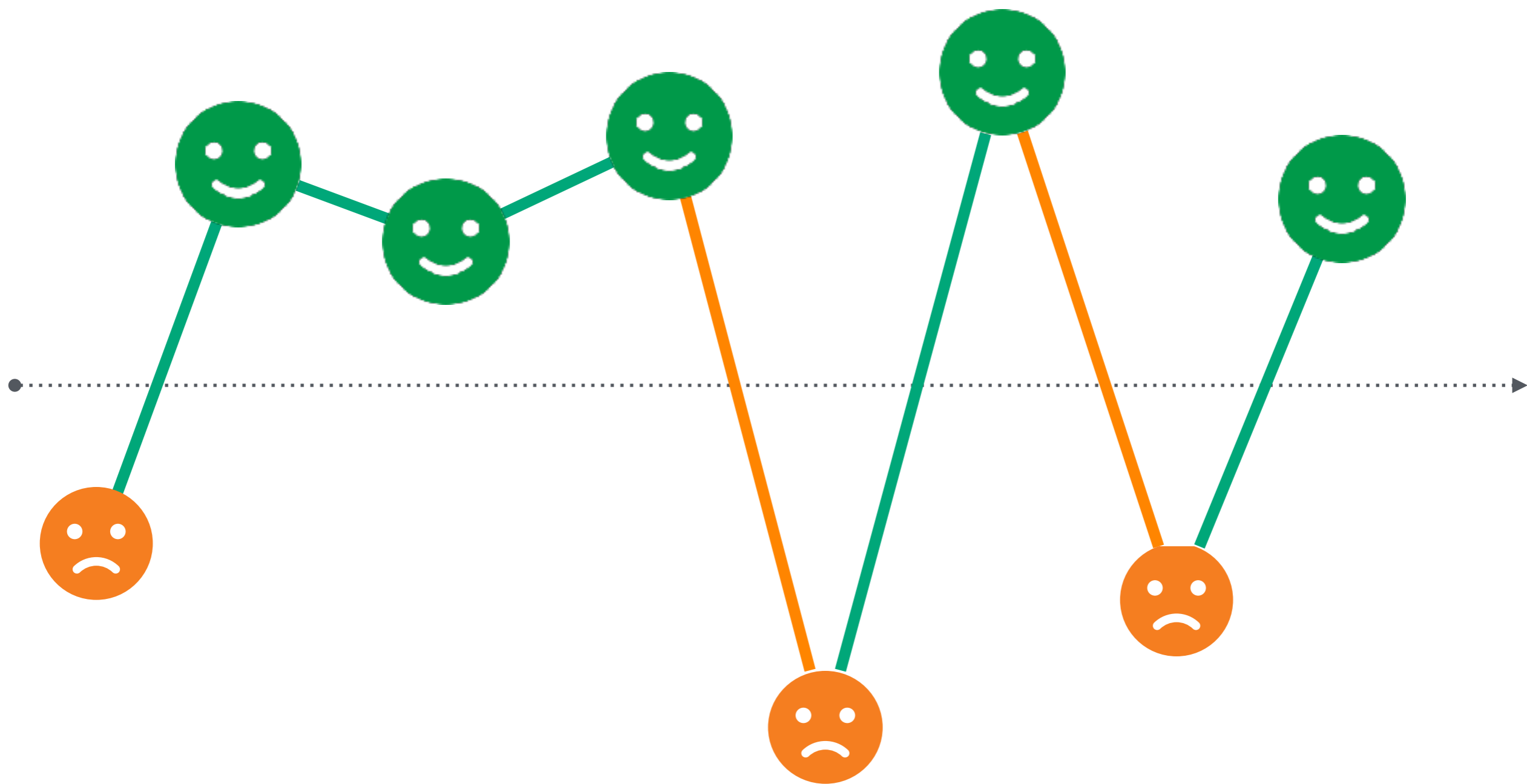
Flourishing

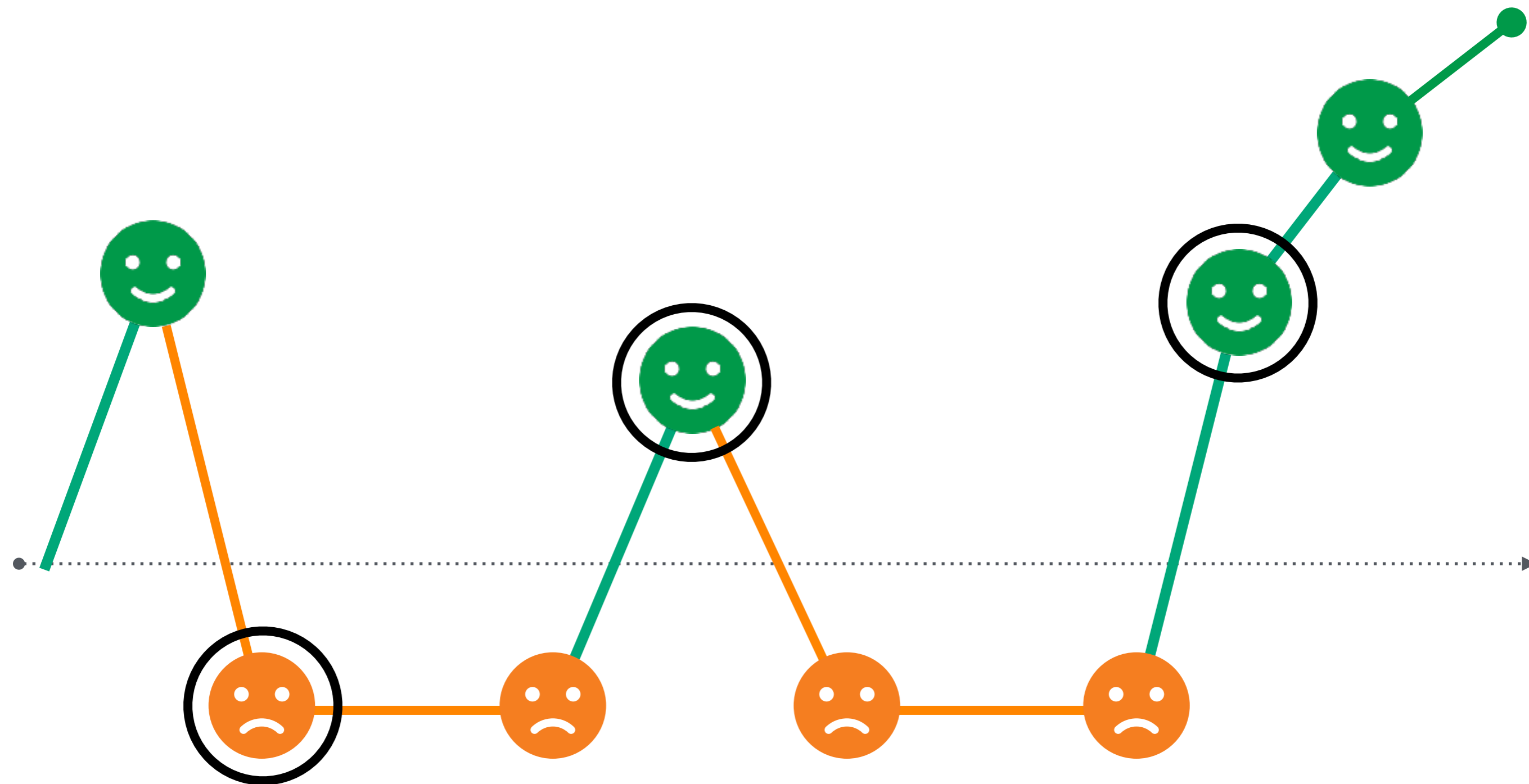
Wellbeing



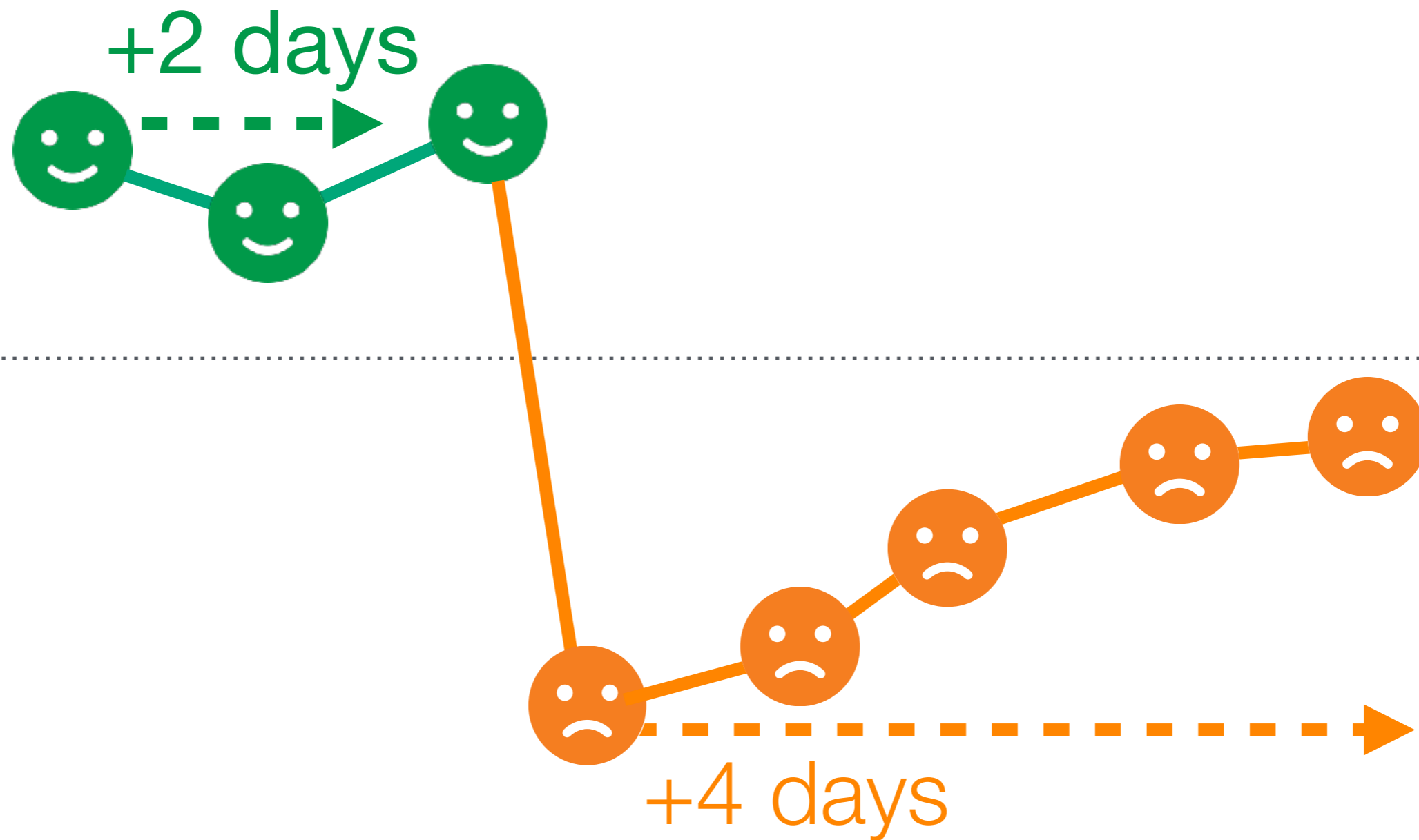








Happiness
accumulates





**Physical
health**

Effectiveness

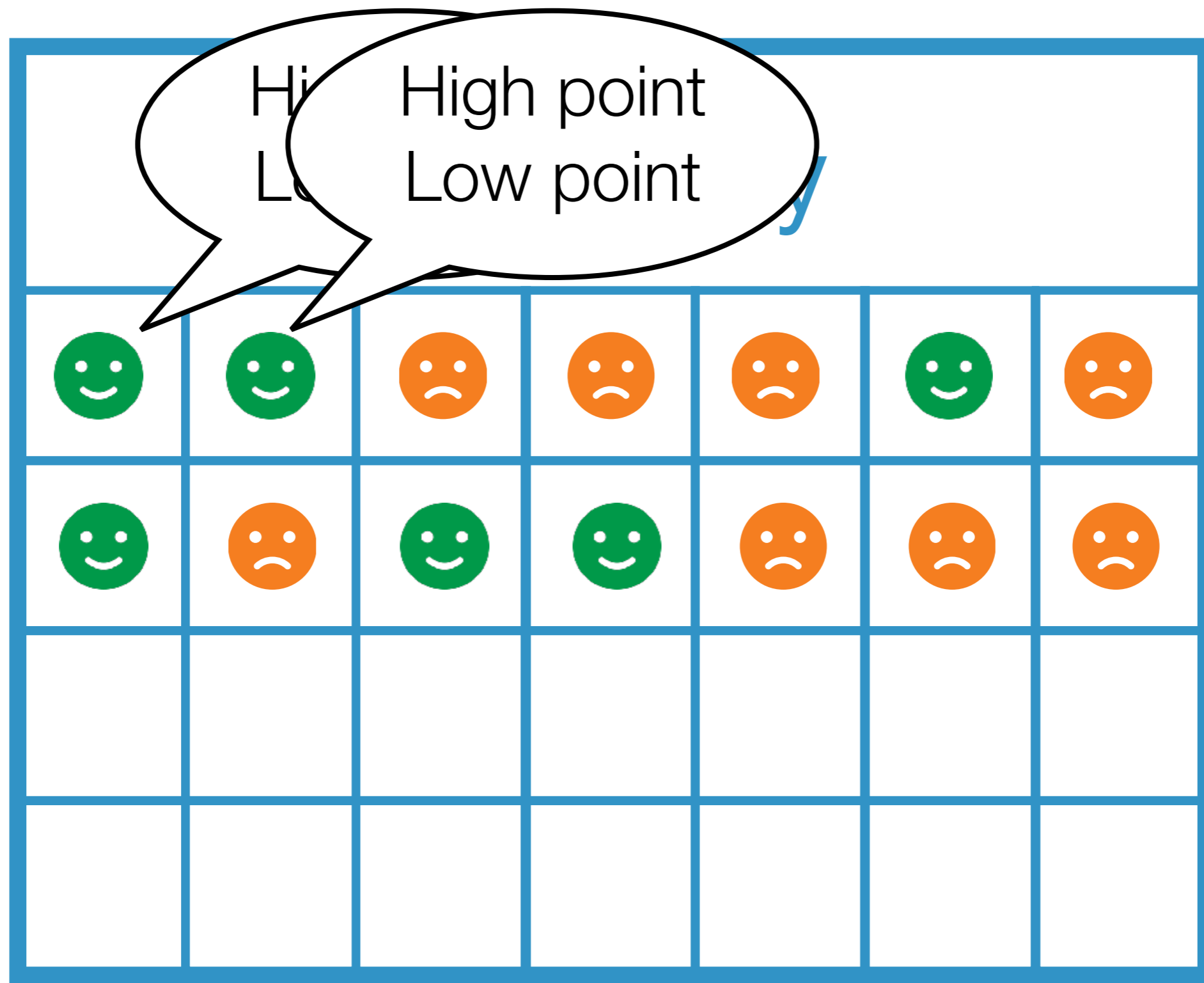
**Decision
making &
creativity**

Resilience
















Fostering
happiness



Map your days



February
















- Patterns in high points?

- Patterns in low points?

- Patterns in high points?

- Patterns in low points?

February

- Patterns in high points?

- Patterns in low points?

- Patterns in high points?

- Patterns in low points?

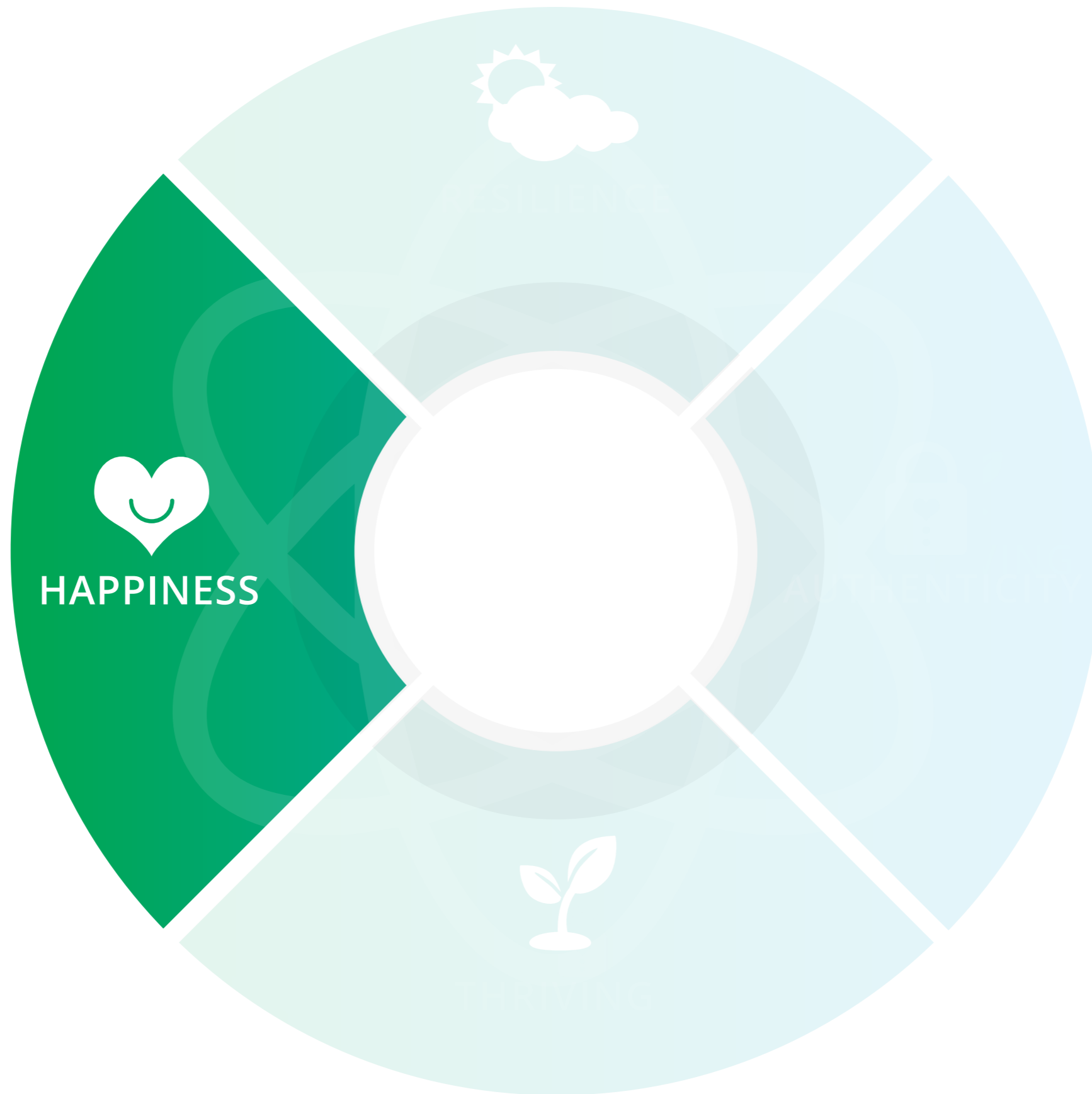


“The breadth of tasks performed by local church pastors coupled with the rapid switching between tasks...that appears prevalent in this position is unique. I have never encountered such a face-paced job with such varied and impactful responsibilities.”





Effectiveness



Why is happiness so
difficult for many
pastors?







RESILIENCE

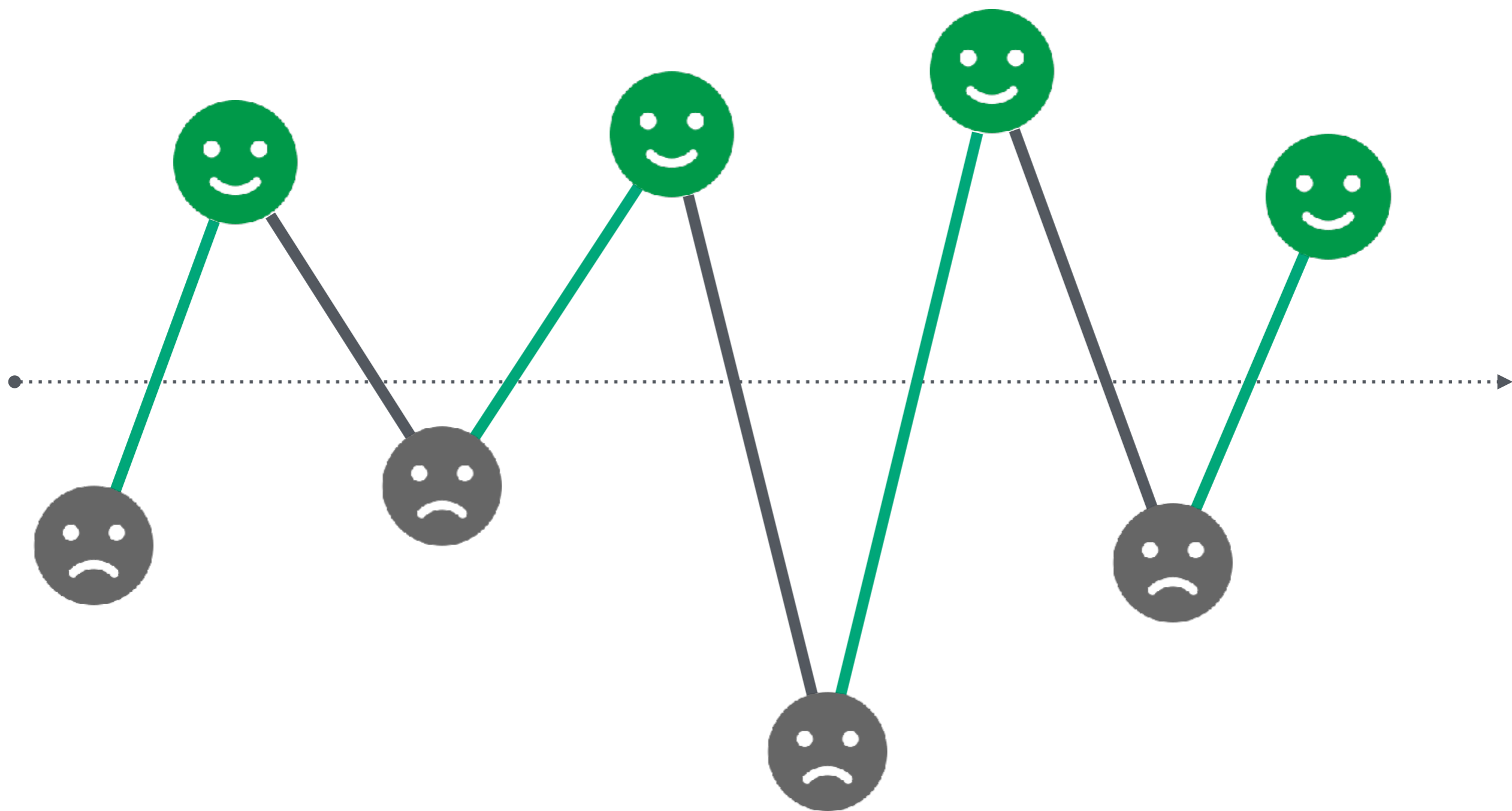
Ability to manage daily demands

Capacity to adapt & grow

Burnout



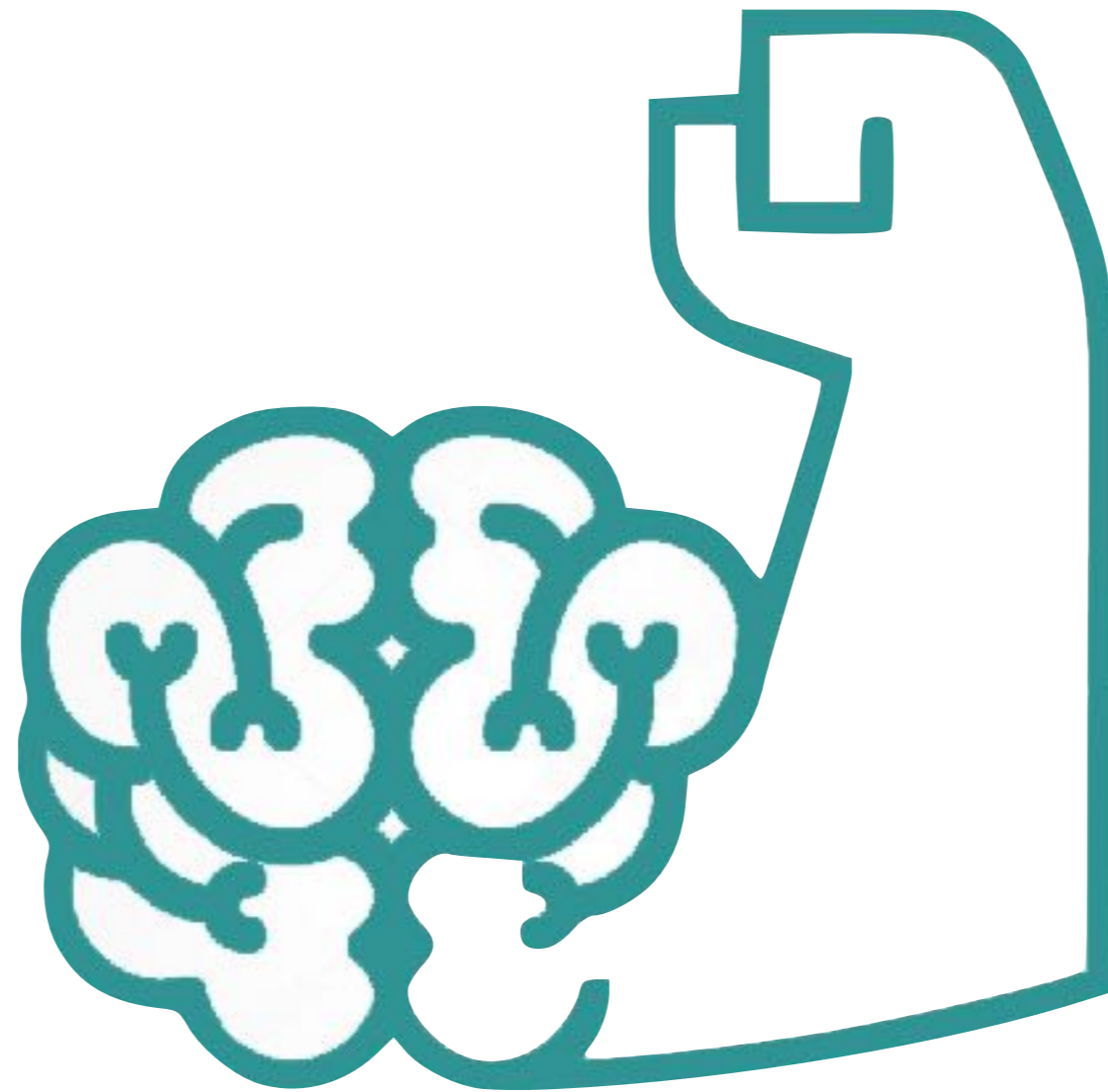
AUTHENTICITY





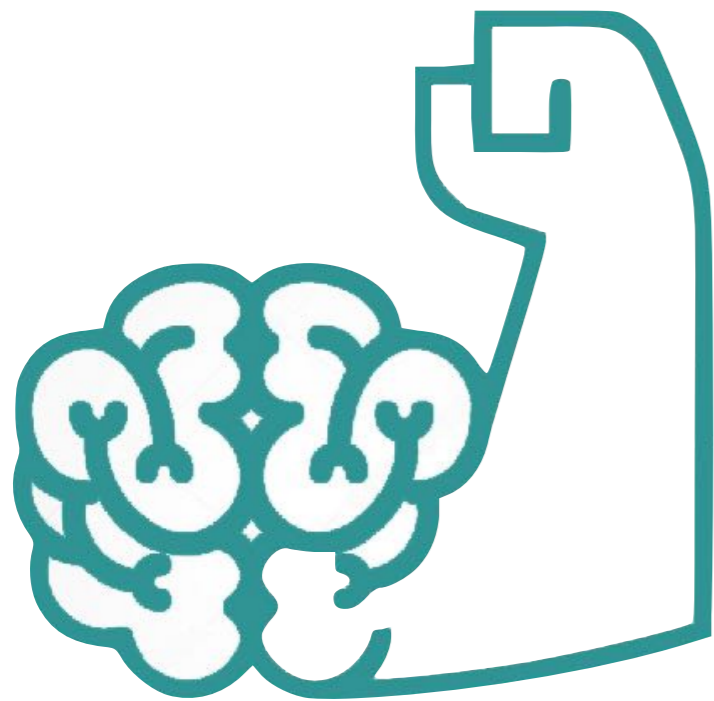
Self-regulating
Roots of EQ
capacities

- Self-awareness
- Self-reflection
- Self-control

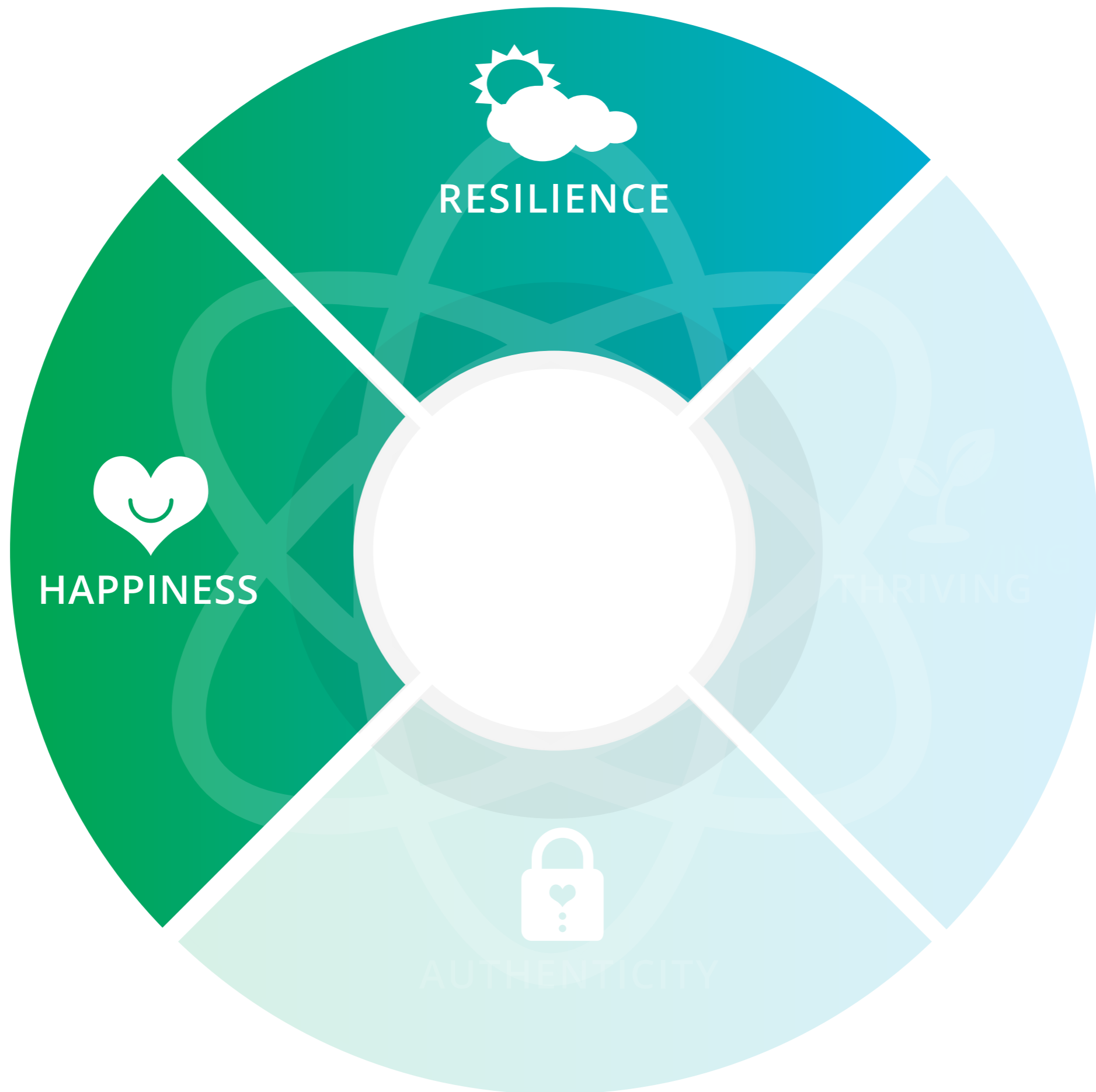


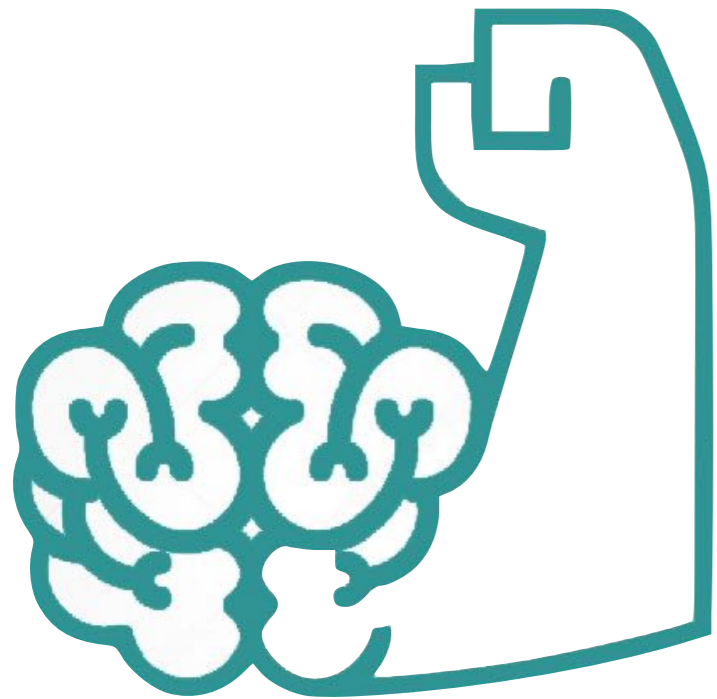


Sunday morning



- Good days





- Good days
- Cognitive skills
- Life practices



How might low
resilience undermine
pastor effectiveness?





RESILIENCE

Self-integrity

Pastoral identity

“Fall from the call”



AUTHENTICITY

Authentic Engagement



Fit



The “Stages” of Wellbeing



Authentic
“Performances”



- Process the good, bad & ugly
- Practice, rehearse & improvise
- Rest & relax in good company
- Care for performers



FOX

IAN ANDERSON	NOV 3
KATHY GRIFFIN	9
LEWIS BLACK	16
R KELLY	17
CHRIS ISAAK	23
WWW.OLYMPIAENTERTAINMENT.COM	

Detroit's Finest Entertainment

Off stage

How might we foster
back stages for clergy?





RESILIENCE

Connections to meaning

Connections to transcendence

Connections to community



THRIVING



AUTHENTICITY







3 Essentials

for fostering wellbeing

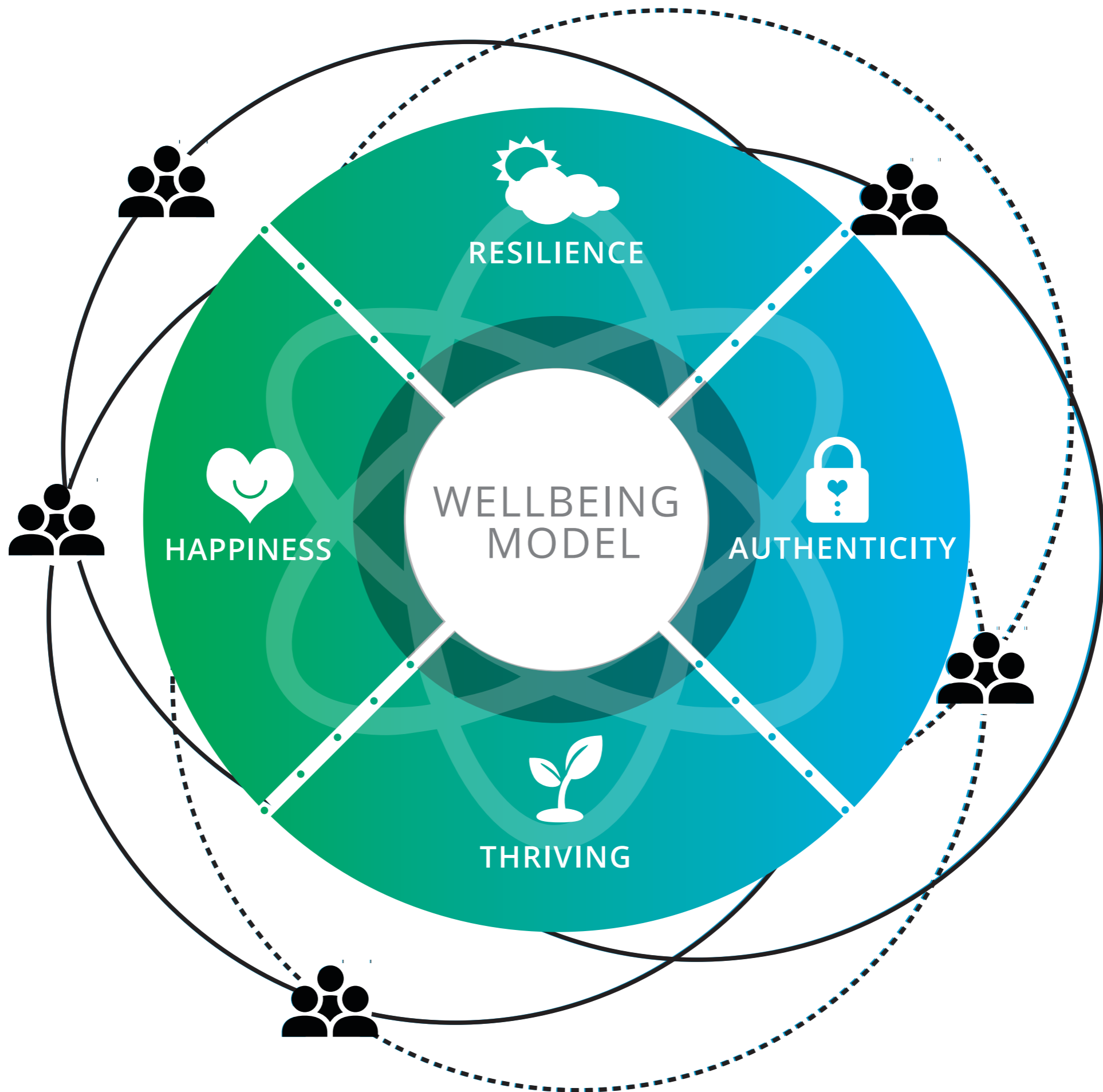
Small steps:

Small steps add up,
over time, to big
changes in wellbeing.

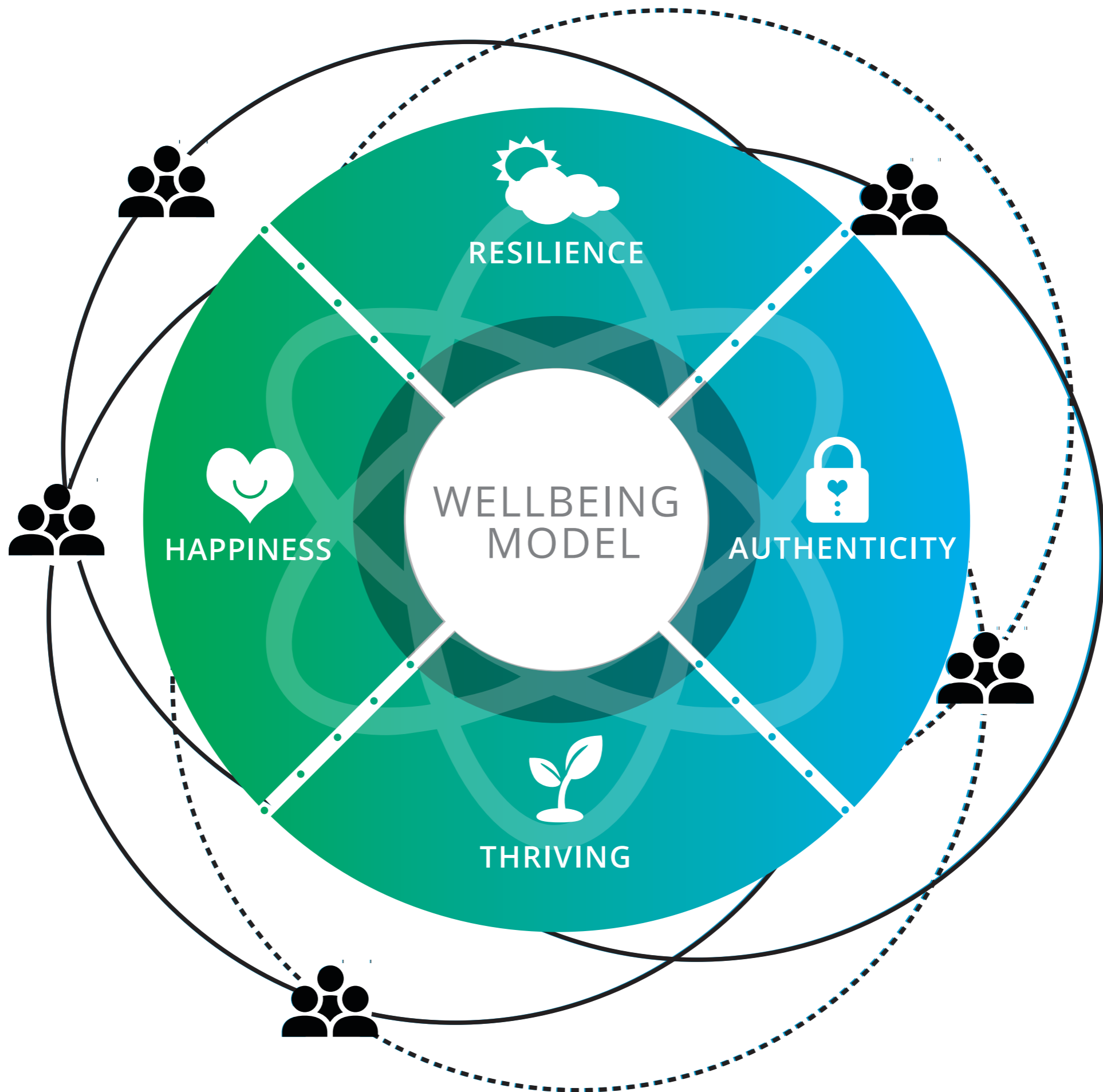
Step back:

Move from autopilot
to awareness.

Step together:
Nurture ecosystems
of wellbeing.

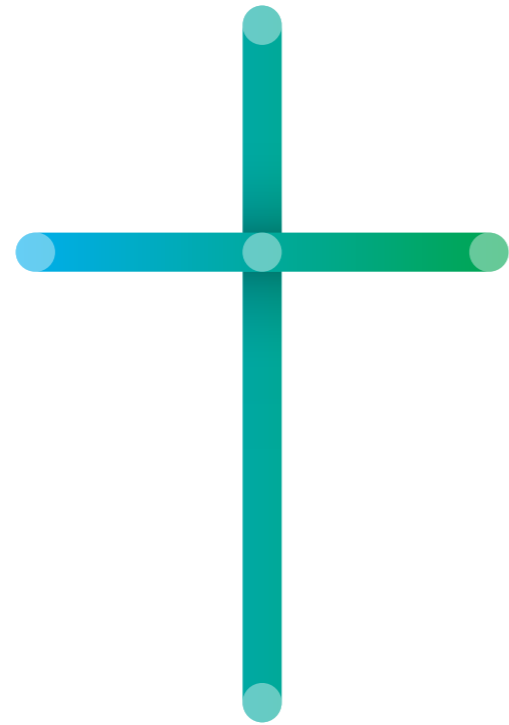


Self-care!!!



- Small steps
- Step back
- Step together

Our research



FLOURISHING
IN MINISTRY

flourishing.nd.edu
wellbeing@nd.edu



Jane Smith
Profession/Job Title

Week 2 of 4

MY ACTIVITIES

Activity #1
Activity #2
Activity #3
Activity #4

MAP MY DAY

MY CHECK-INS 1

PROFILE

LOG OUT



Wellbeing

PROFILE

GROWTH



Welcome!

You are viewing your Wellbeing Profile created from the questions you just answered. Think of it as a snapshot in time, a place to begin learning more about how you

Click through the building blocks to start learning more.

Watch Video

Recommended Activities

Research shows there are things we can do on a daily basis to help boost our wellbeing. Browse the list below and add some to your personal action plan so we can remind you each day and share your progress. Try to commit to 3-5 per time period. You're most likely to improve if you focus on a few activities at a time.

MacBook



Jane Smith
Profession/Job Title

Week 1 of 4

▶ MY ACTIVITIES

▶ MAP MY DAY

▶ MY CHECK-INS

PROFILE

LOG OUT



Wellbeing Profile



Welcome!

You are viewing your own Wellbeing Profile. Think of it as a snapshot in time, a place to begin learning more about the dimensions of your own wellbeing.

Click on any dimension to begin learning more.

Watch Video



Jane Smith
Profession/Job Title

- ▶ MY ACTIVITIES
- ▶ MAP MY DAY
- ▶ MY CHECK-INS

PROFILE

LOG OUT



Wellbeing Profile



Resilience

Your wellbeing response system



Optimism



Grit



Self-Regulation

There are things you can do to grow in these areas:

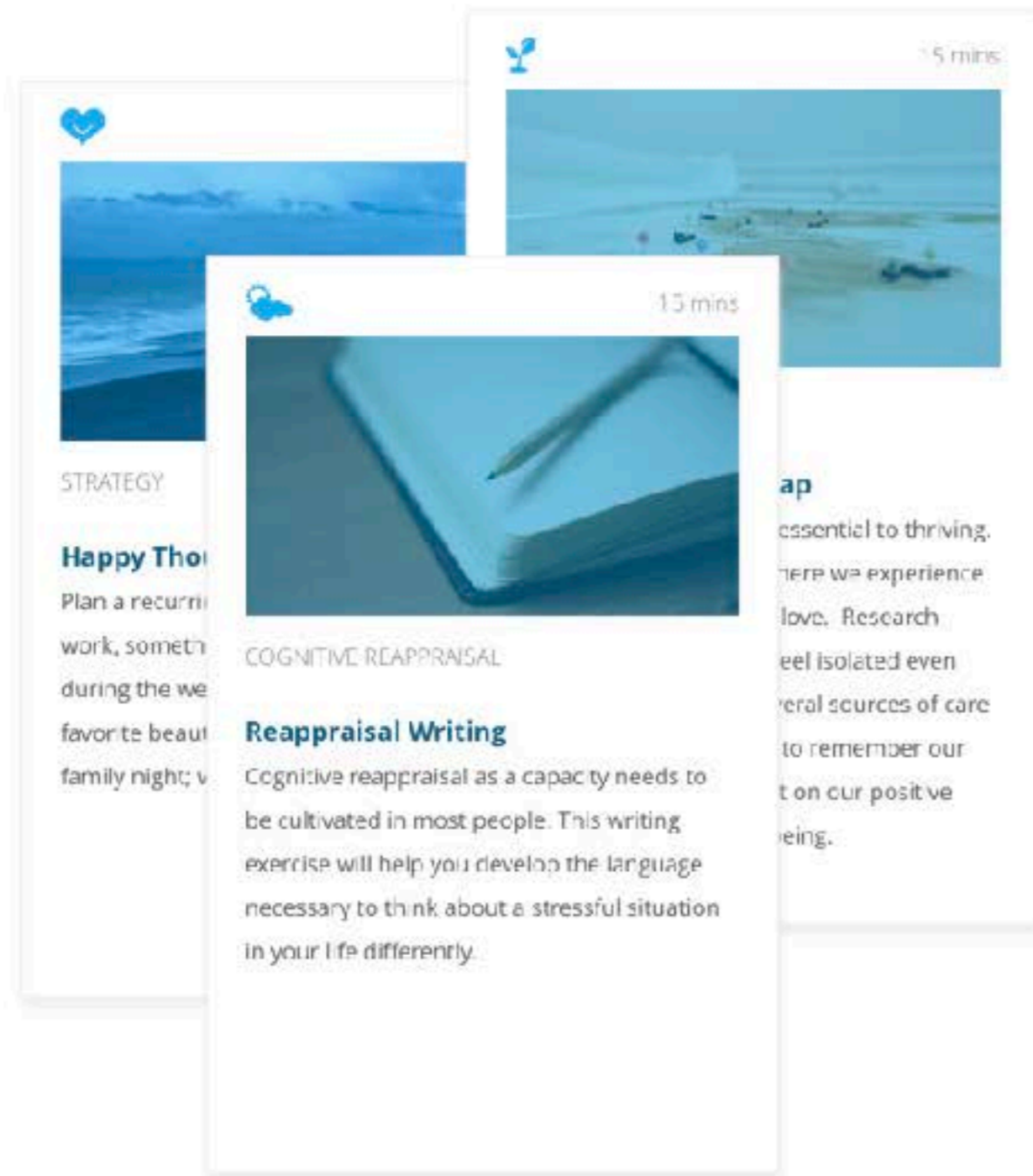
[Take Action](#)

Resilience

Optimism

Grit

Self-Regulation



Take Action

We've built over 50 engaging practices, all based on proven strategies to boost wellbeing. Start with a few small steps that are right for you.



Jane Smith

Profession/Job Title



Activities

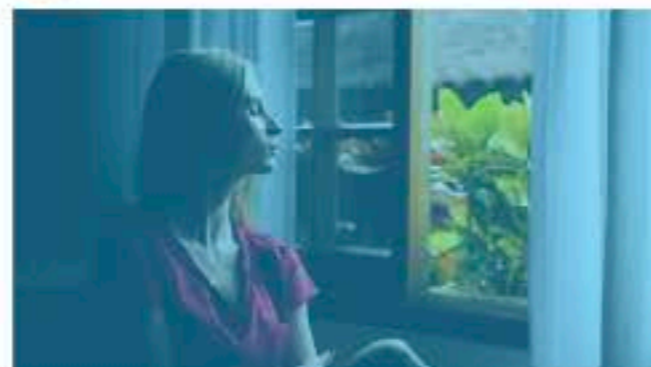
15 mins



15 mins
y after
ward to
walk in a
late, or



15 mins



MINDFULNESS

Body Scan

Most people only pay attention to their bodies when they are in pain. A body scan can help ground you in the present moment and focus on your body in a non-judgmental, gentle way.

How-to

Research Articles

This is a quick check-in about how you feel. Take a deep breath and close your eyes. You can do this anywhere. For a longer body scan it might feel best to find a comfortable position laying down. You could do this sitting in your chair at work. You could do it sitting on the floor in a comfortable position. Once you are comfortable and have brought your attention to the present moment, starting at the top of your head notice how each part of your body feels, all the way down to your toes. Go as slow as time allows.

Frequency

Once a day

☒ Send me a reminder at 1:30 PM

Subscribe





Jane Smith
Profession/Job Title



All

Happiness

Resilience

Thriving

Authenticity

▶ MY ACTIVITIES

▶ MAP MY DAY

▶ MY CHECK-INS

PROFILE

LOG OUT



15 mins



FOSTERING POSITIVITY

Gratitude Journal

Start keeping track of 3 things each day you for which you are grateful. A gratitude journal can help you savor positive experiences and feelings.



15 mins



COGNITIVE REAPPRAISAL

Reappraisal Writing

Cognitive reappraisal as a capacity needs to be cultivated in most people. This writing exercise will help you develop the language necessary to think about a stressful situation in your life differently.



15 mins



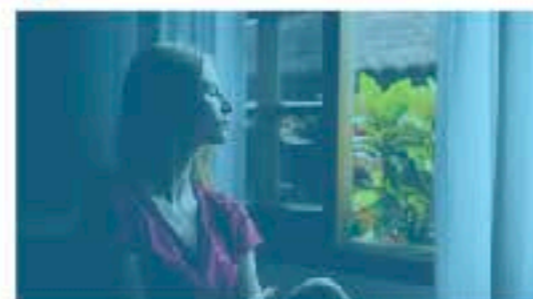
FOSTERING POSITIVITY

Gratitude Letter

Take some time and write a letter to a person who you are grateful is in your life. Sharing positive feelings and your appreciation for this person will be a positive experience for you and the other person.



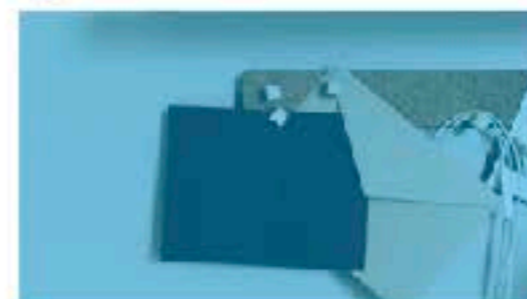
15 mins



MINDFULNESS

Body Scan

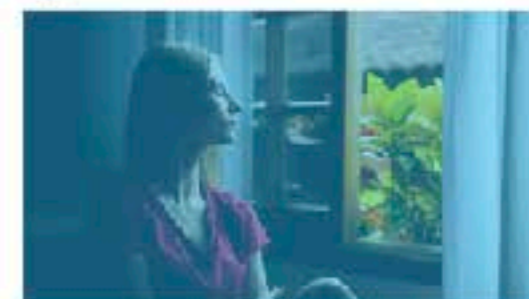
15 mins



MINDFULNESS

Breathing Exercise

15 mins



MINDFULNESS

LovingKindness Meditation



Map Your Day

January 2018

S	M	T	W
27		28	29
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28



How energized and optimistic did you feel today?

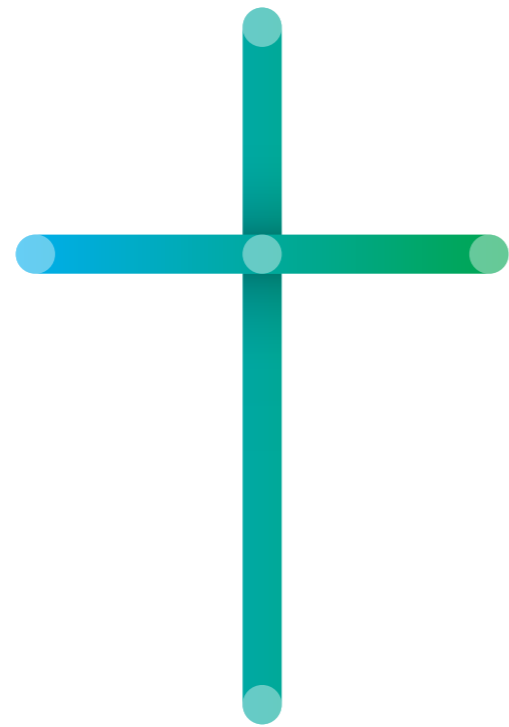


Why?

Add a few comments to explain... [Save](#)

Finish





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Resilience





RESILIENCE

Ability to manage daily demands

Capacity to adapt & grow

Burnout



AUTHENTICITY

Self-regulating capacities



- Self-awareness
- Self-reflectivity
- Self-control

How do people develop
self-regulation?

How do we help people
develop self-regulation?

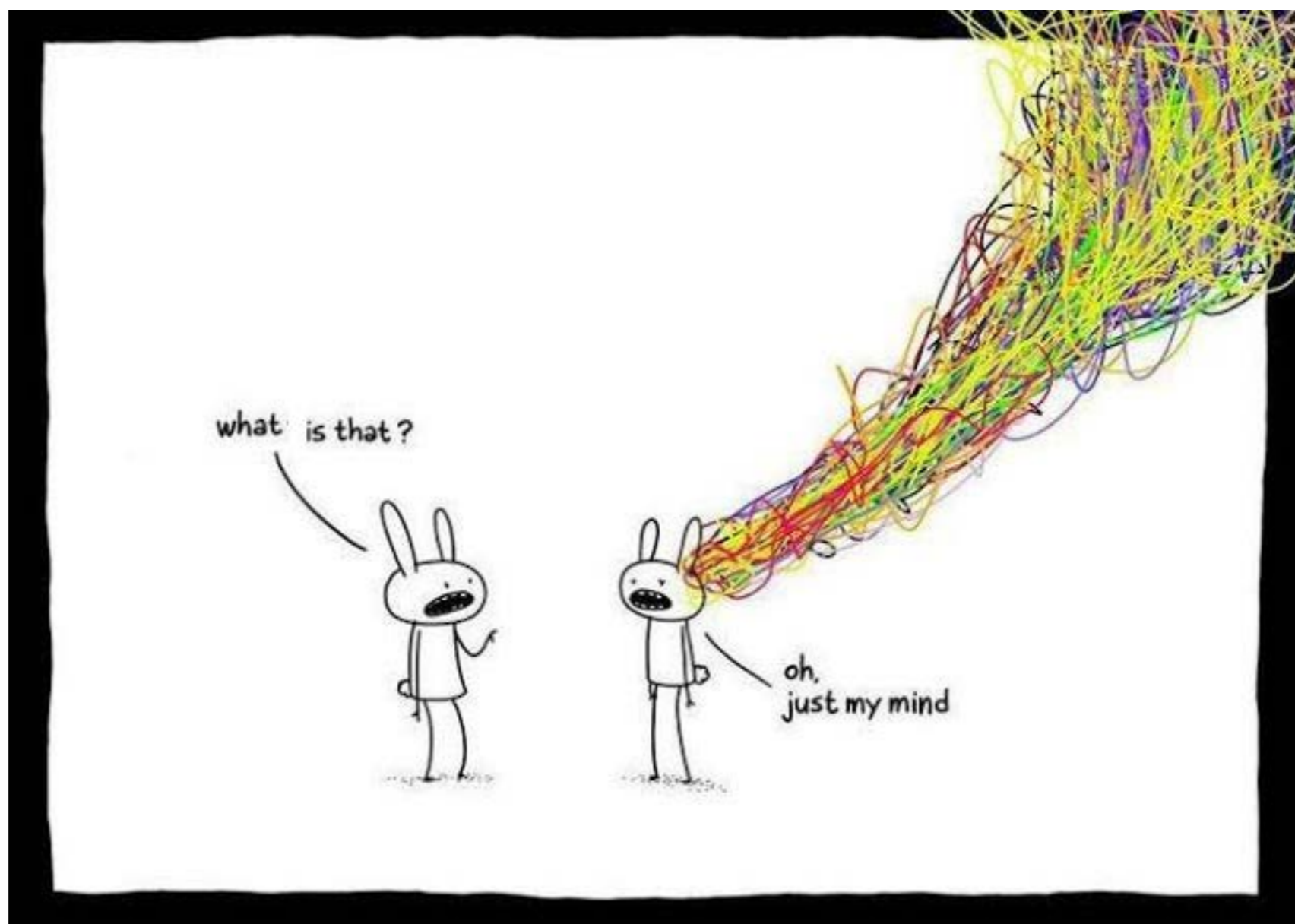
Obstacles

- Small steps
- Step back
- Step together





- Slow down
- Find peace
- Self-compassion
- Be positive



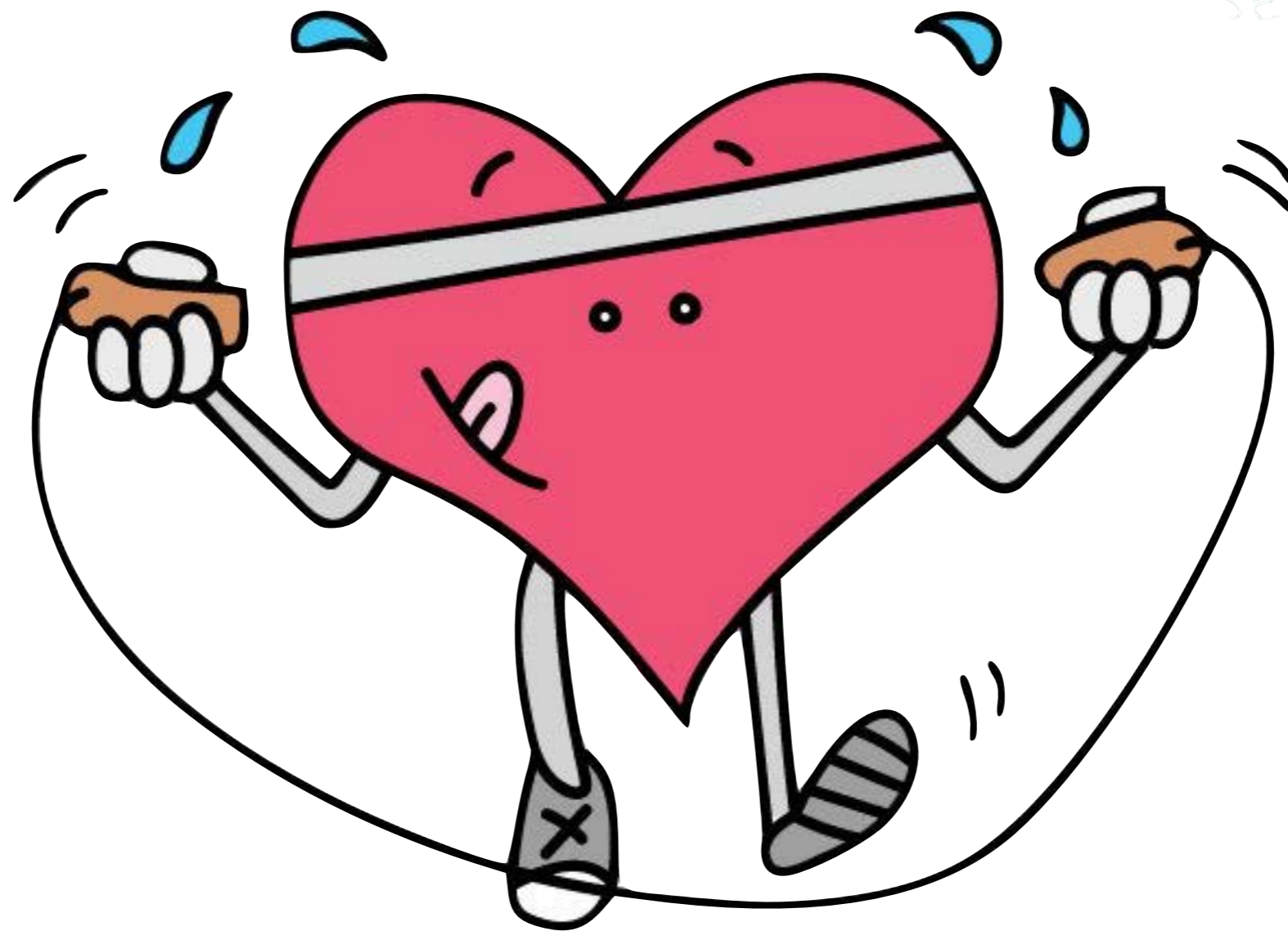


- Slow down
- Find peace
- Self-compassion
- Be positive





- Slow down
- Find peace
- Self-compassion
- Be positive



EXERCISE SOME
SELF-COMPASSION

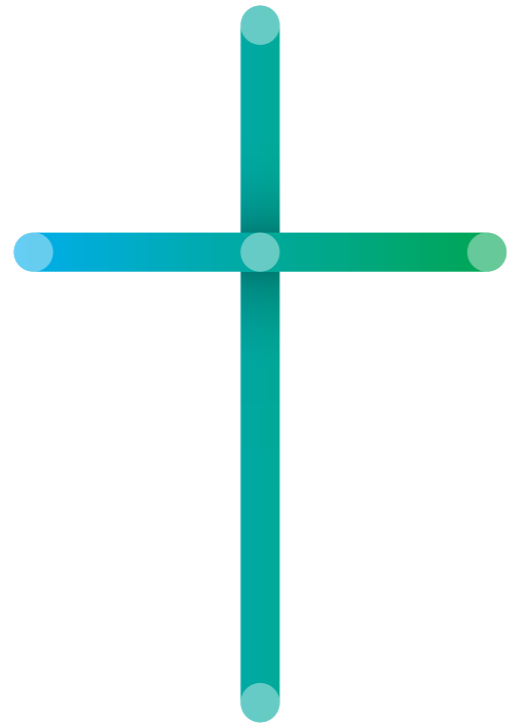


- Slow down
- Find peace
- Self-compassion
- Be positive



What would you put
into *your* resilience
first-aid kit?

What would you share
with others about
resilience?



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