

# Mental and Emotional Health in Ministry



Who are the happiest people?











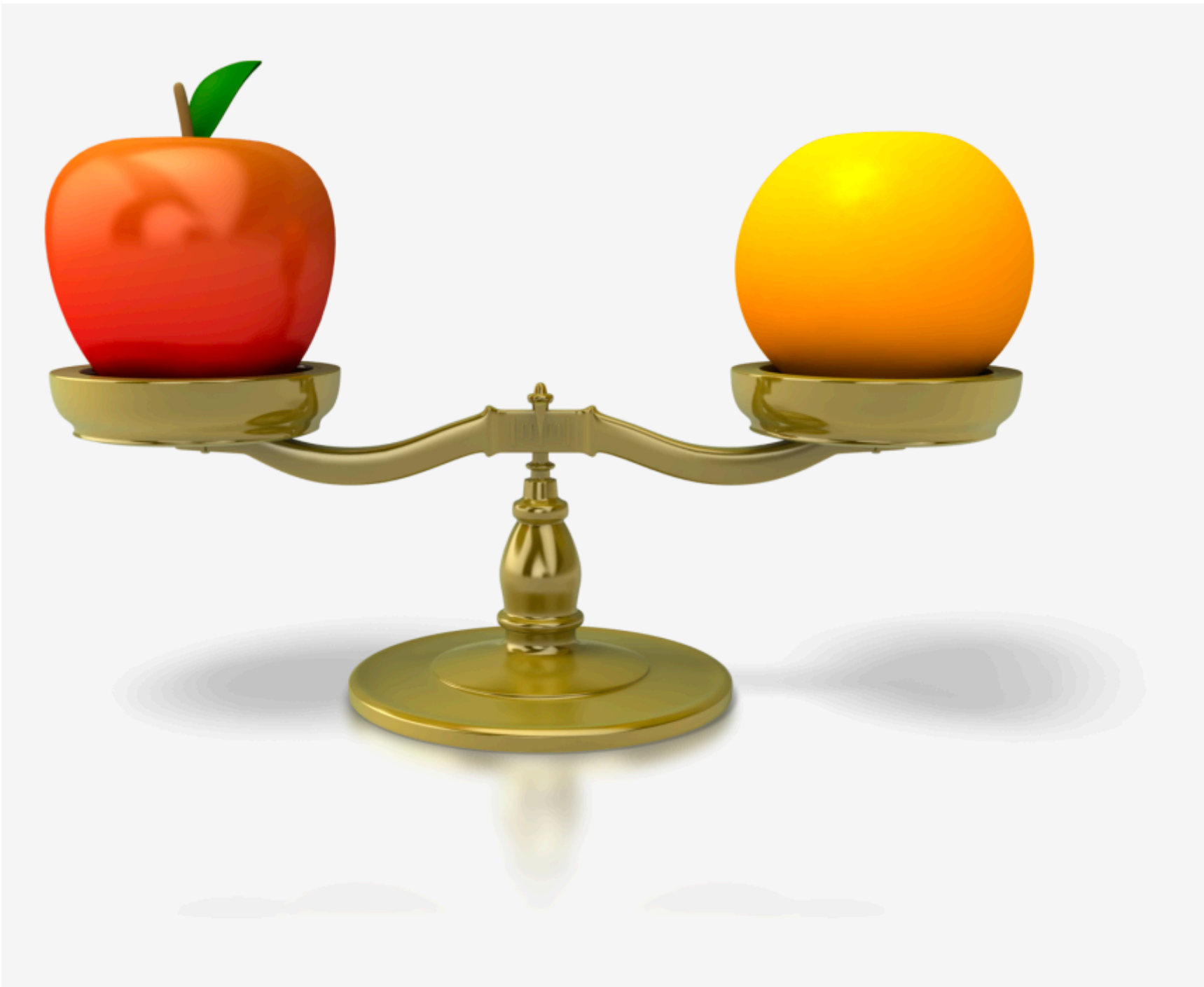




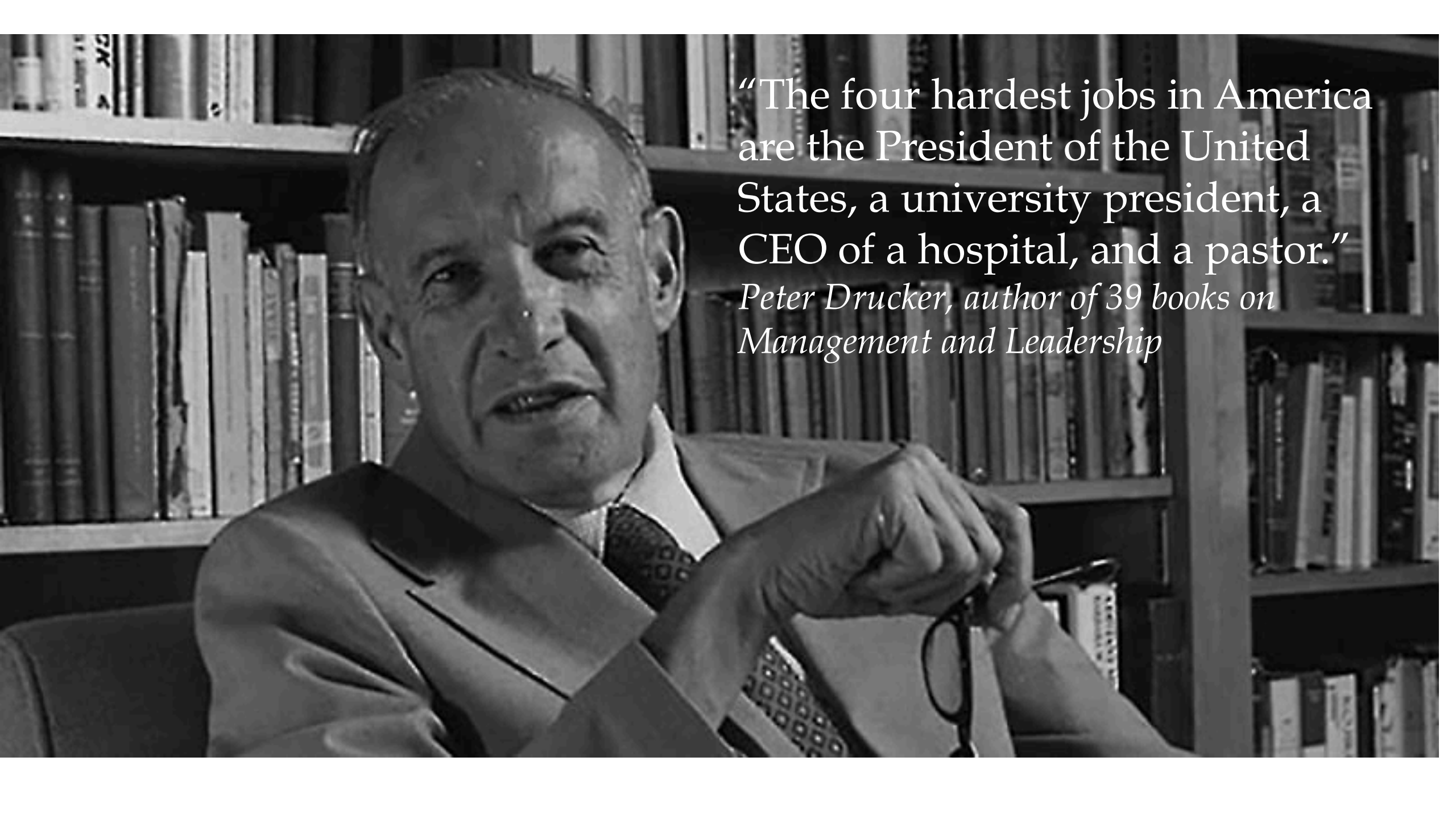




WHAT I have  
LEARNED







“The four hardest jobs in America are the President of the United States, a university president, a CEO of a hospital, and a pastor.”

*Peter Drucker, author of 39 books on Management and Leadership*

# Ministry Statistics



75% of pastors report being “extremely stressed” or “highly stressed”

90% work between 55 to 75 hours per week

40% report a serious conflict with a parishioner at least once a month

100% of 1,050 Reformed and Evangelical pastors had a colleague who had left the ministry because of burnout, church conflict, or moral failure

80% believe their pastoral ministry has negatively affected their families and 33% said it was an *outright hazard*

50% admit to using pornography and 37% report inappropriate sexual behavior with someone in the church

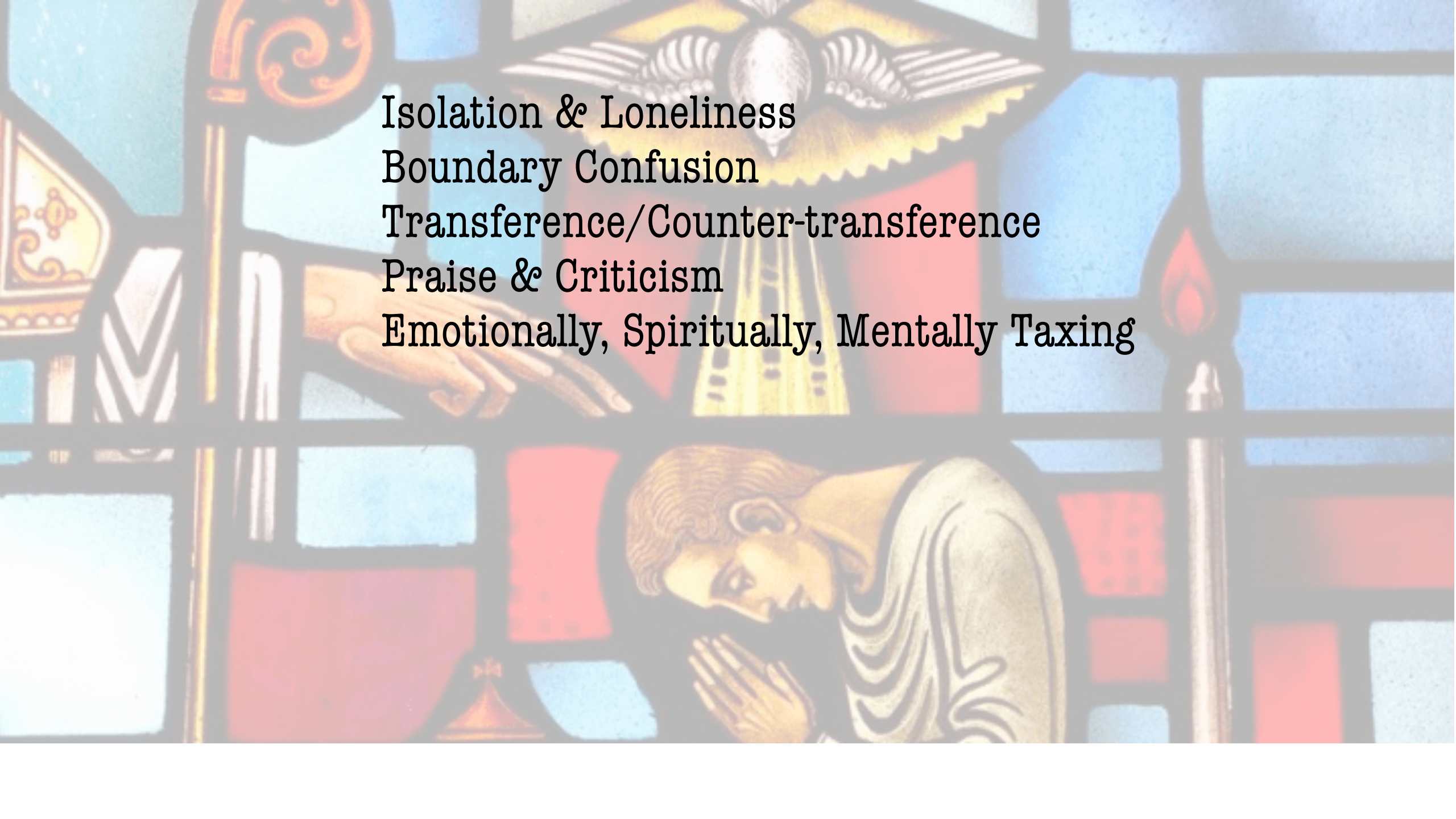
65% feel their family is in a glass house



Do any of these statistics surprise you? What might such expectations set you up for?





A stained glass window with a grid pattern. At the top center is a white dove with outstretched wings. To the left, a hand reaches out from a white sleeve. At the bottom center, a person is shown in profile, kneeling and praying with hands clasped. To the right, a lit candle is visible. The background consists of various colored panes in shades of blue, red, and yellow.

Isolation & Loneliness  
Boundary Confusion  
Transference/Counter-transference  
Praise & Criticism  
Emotionally, Spiritually, Mentally Taxing





**TELL US A GOOD  
STORY**



2.0 mi



A12

Blackwall Tunnel



Speed Limit 0.2 mi



A11

E1

A107

E9

Hackney

E5

A107

A104

A12



Orient

A1006



50 m/h  
Speed

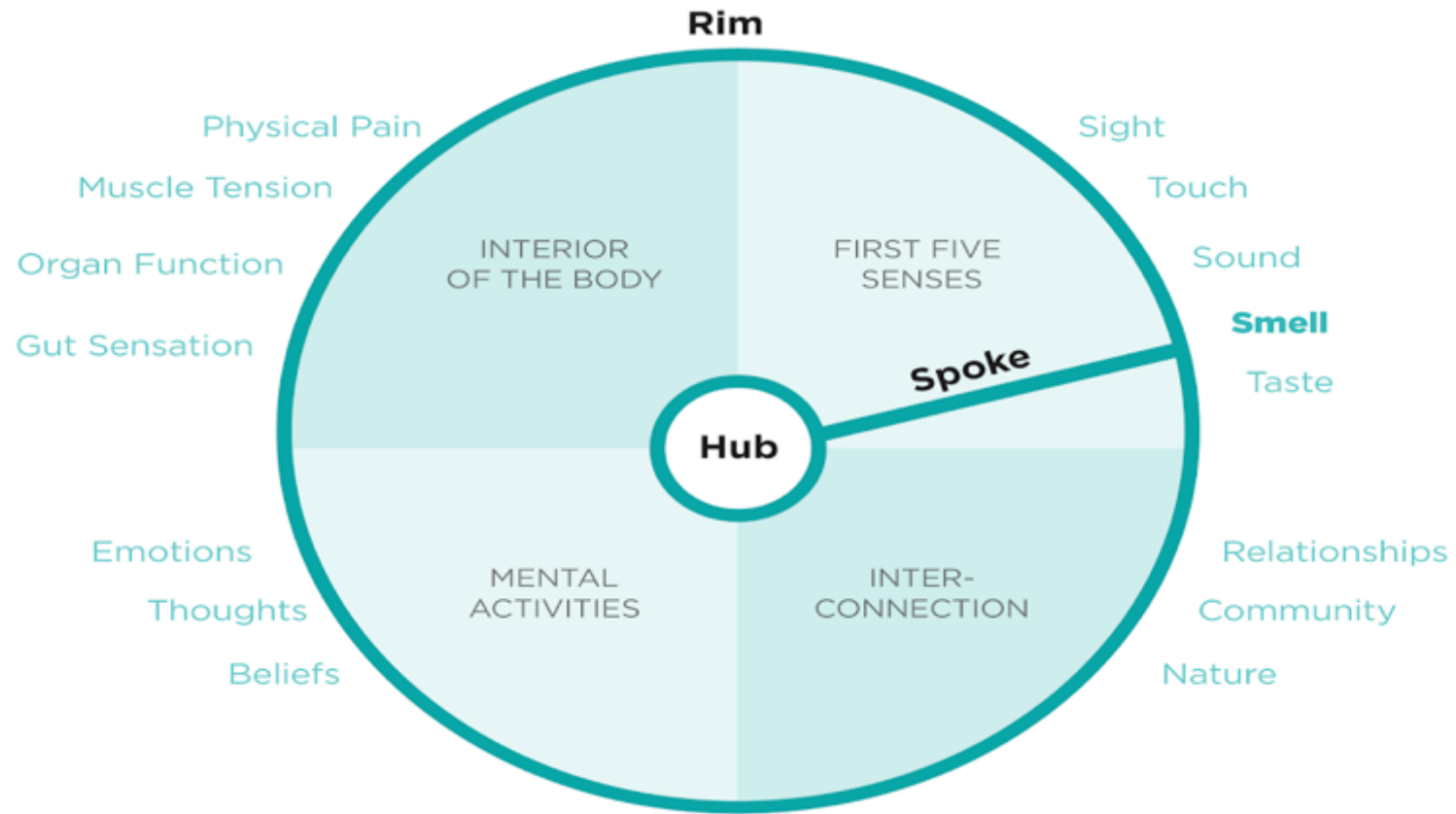
A12

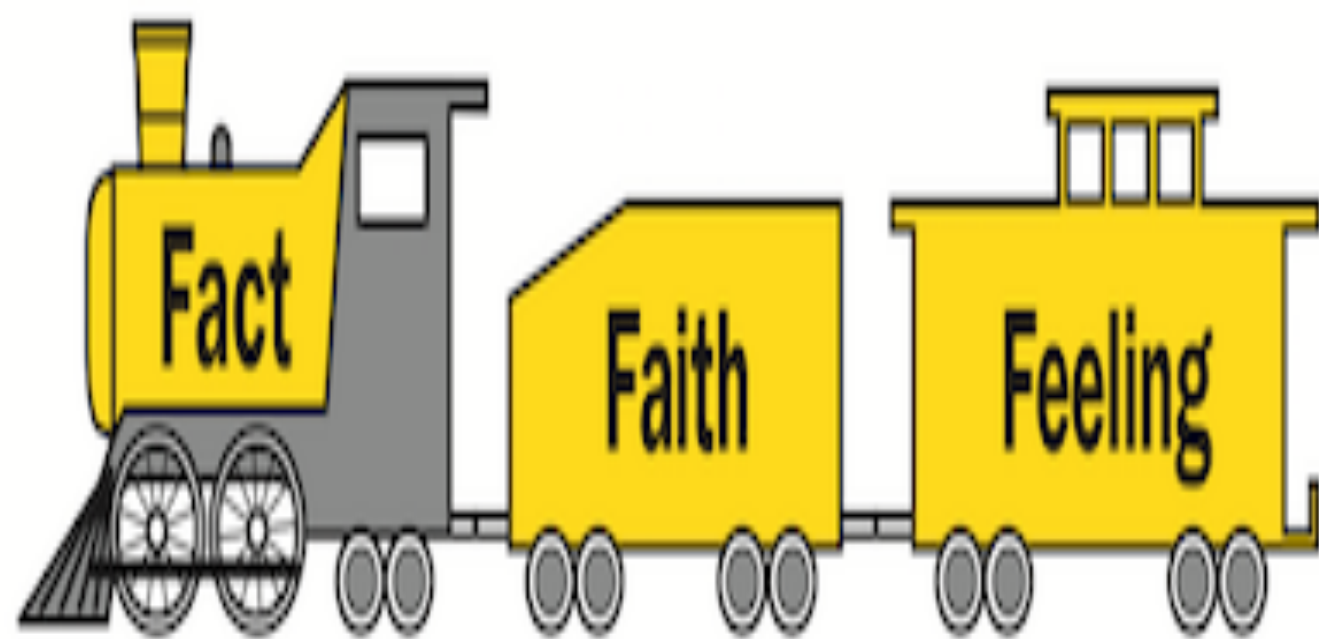
2:53 P M  
Arrival

OHREX



# the wheel of **AWARENESS**





Let's Restore the Importance of Feelings



# The Enneagram Types



**Type 1 : The Reformer**



**Type 6 : The Loyalist**



**Type 2 : The Helper**



**Type 7 : The Enthusiast**



**Type 3 : The Achiever**



**Type 8 : The Challenger**



**Type 4 : The Artist**



**Type 9 : The Peacemaker**



**Type 5 : The Thinker**

What happens for you when you are under stress?





*John Bowlby 1907-1990*

The attachment bond is the emotional connection you formed as an infant with your primary caregivers.





# The Attachment Styles

## SECURE

- 1-Can trust fairly easily
- 2-Is attuned to emotions
- 3-Can communicate upsets directly
- 4-Leads with cooperative and flexible behavior in relationships

## ANXIOUS

- 1-Has a sensitive nervous system
- 2-Struggles communicating needs directly
- 3-Tends to "act out" when triggered (i.e. makes partner jealous)

## AVOIDANT - DISMISSIVE

- 1-Downplays importance of relationships
- 2-Is usually extremely self-reliant
- 3-Can become more vulnerable when there is a big crisis

## AVOIDANT - FEARFUL

- 1-More dependent in relationships than avoidant - dismissive
- 2-Strongly fears rejection
- 3-Has low self-esteem
- 4-Has high anxiety in relationships

We are created for connection. The drive to love and attach is a survival mechanism hard-wired into us.







By identifying your attachment style you can learn to challenge your insecurities, develop a more securely attached way of relating to others, and build stronger, healthier and more fulfilling relationships.

*What did you learn in your FOO about asking for comfort and connection?*

*What has been your experience of making yourself intentionally vulnerable with others?*

*What behaviors do you employ to avoid being vulnerable?*

*What is your default way to cope with feeling emotionally overwhelmed?*

*Small Groups*



# Isolation & Loneliness

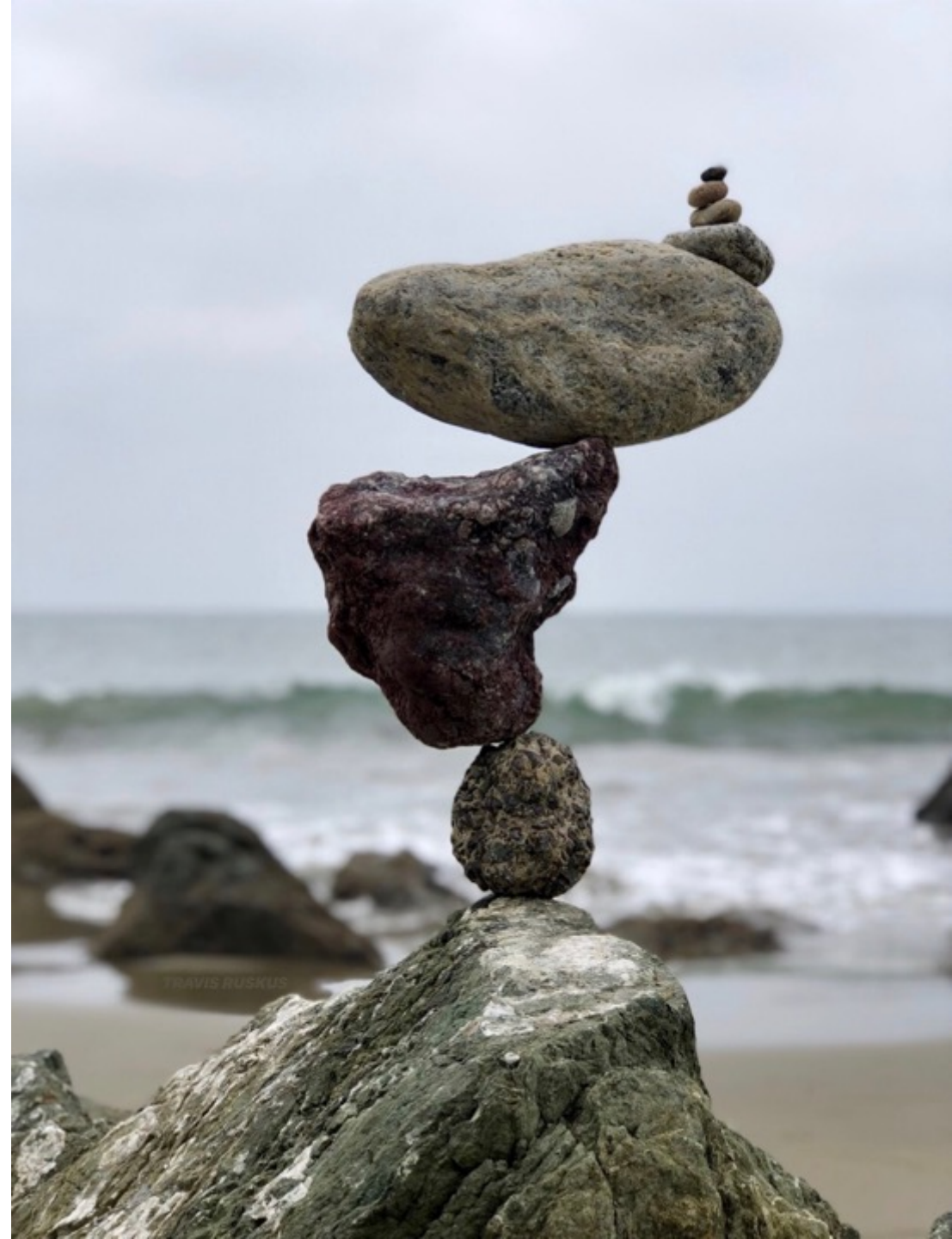




## **Reflection: (alone)**

- 1. What parts of your life do you fear vulnerably exposing to another?*
- 2. Choose 2 or 3 people to whom you would vulnerably expose those parts of your life for which you feel shame. Who would they be? If you don't have anyone like this in your life, how will you find those people?*
- 3. List one or two stories of your life you would share with those people.*

# Boundary Confusion





Boundaries: “Limits that allow for a safe connection based on the parishioners needs.”



*What are the ways professional boundaries might affect your behavior?*

*Think of all the interactions you will have in your role during a typical week- the altar guild, vestry meetings, volunteer leaders, other staff . . . What questions will you ask yourself about these interactions?*



What are the limits you need to set for yourself to protect and guard your own emotional, physical, relational, and spiritual health?

# Transference/Counter-transference





# Transference/Counter-transference

Transference: Feelings, perceptions and attitudes that belong to a past relationship are transferred to therapist/pastor.

Counter-Transference: Your feelings, perceptions and attitudes that belong to a past relationship are transferred onto parishioner, vestry, bishop, counselee, colleagues.

**Don't let  
the praise  
go to your  
head  
& don't let  
the criticism  
go to your  
heart.**

*Rigel J. Dawson*

Praise & Criticism

# Emotionally, Spiritually, Mentally Taxing





“The pastor’s ability to handle stress hinges on the state of his or her own inner world.” Dr. Enos Martin, Pastor and Psychiatrist in *Christianity Today*





# Some Things to Keep in Mind

- Know your limitations
- Be aware of your feelings around various parishioners & colleagues
- Talk to colleagues: “Live a life in consultation.”
- Question your motives for “self-disclosure:” “Is this about me or the other person?”
- Understand and recognize
  - Trauma
  - Addiction
  - Shame
  - Attachment



# More Things to Keep in Mind

- Develop and maintain good referrals and consultation resources
- Be diligent about self-care
- Work on your own issues
- Beware of the warning signs
  - Loss of empathy
  - Fatigue
  - Withdrawing
  - Wanting to numb yourself
- Keep growing: Be a lifetime learner
- Establish deep connections with a few others OUTSIDE of your ministry world

Almighty God, to you all hearts are open,  
all desires known, and from you no  
secrets are hid: Cleanse the thoughts of  
our hearts by the inspiration of your  
Holy Spirit, that we may perfectly love  
you, and worthily magnify your holy  
Name; through Christ our Lord. Amen.