



DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING

July – September 2020

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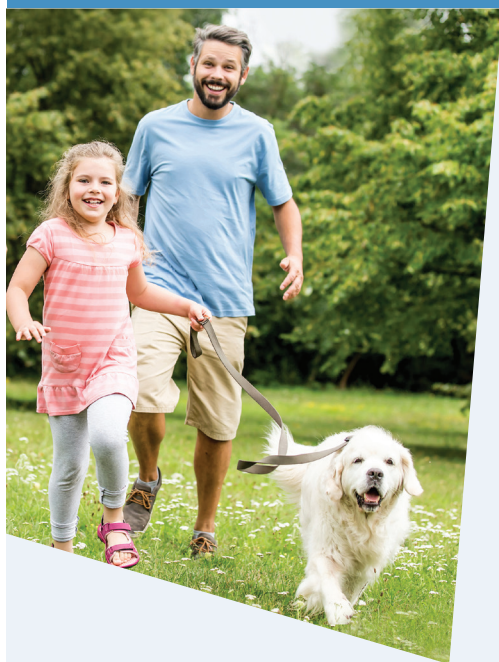
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Change

Some people thrive on it. Others resist every step of the way.

While change may not always be a comfortable thing, it is inevitable. Learning to embrace its place in your life can provide good balance. Change can force us to adopt better habits, learn new things and perspectives and build resilience. When you successfully confront change, you can celebrate. Whether the change involves turning a challenging situation to your own advantage, developing a new perspective or making you stronger by having gone through change, there are clear benefits.

Read on for stories of how one clergy person changed his perspective through clergy renewal leave, as well as tips for managing change in the workplace and more.



SPOTLIGHT

Walking for the Win!

According to the American Heart Association, walking has the lowest failure rate of any physical activity program.

It lowers the risk of many diseases, including heart disease and stroke, helps you feel stronger and have more energy to do the things you love. Walking is also a safe thing to do with friends, wearing masks or at a safe social distance. Do you need more reasons to get out and take a walk? How about looking leaner and being a role model for those in your life? Not enough? How about this:

Research shows that for some adults, every one hour of regular, vigorous physical activity may increase life expectancy by two hours. Just think of how that can add up!

Here are some additional ways to add walking to your day. While 30 minutes per day is recommended, it does not all have to be at once. Combine a variety of these activities to easily add up to the required amount and more:

- walk the dog
- walk to complete errands
- walk 10 minutes after every meal
- walk at work—try an outdoor “walking meeting”
- walk while kids are playing/practicing sports or your spouse runs an errand
- walk while catching up with a friend on your mobile phone



For additional ways to work exercise into your day, especially while sheltering in place, view this [video](#) from Health Promotion Manager Todd Creviston.

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



PERSONAL SUCCESS STORY

How Clergy Renewal Leave Restored My Well-Being

Rev. Kent Kroehler, Eastern Pennsylvania Conference

In the Spring of 2002, I learned about the Clergy Renewal Leave Program of the Lilly Foundation which gives financial support to facilitate renewal leave.

I quickly completed the application, got an enthusiastic OK from my spouse, an excited review by our Staff-Parish Relations Committee (SPRC), and met the application deadline. My friend, Bill Cherry—a retired DS already in the congregation—offered to step into the 3-month “Senior Pastor” role. I confess I did not expect to be approved, and I was surprised to get an acceptance letter that December.

The Clergy Renewal Leave Program encourages pastors and congregations “to imagine creative possibilities for clergy renewal projects that will re-energize their ministries.” So, I planned things that would restore my spirit.

My 3-month leave included:

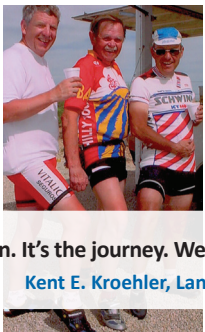
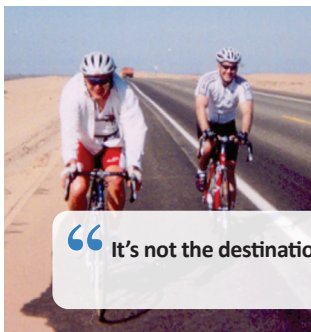
- Structured spiritual retreat and renewal time with my spouse Joy
- Shadowing 3 exceptional lead pastors for a few days in their congregations
- A bicycle trip across the USA with Wandering Wheels.

The start date for the bicycle trip was the day before Easter. When I cautiously asked the SPRC, “Can I do that?” they responded with “Why would you even ask? We can do Easter and Pentecost without you.” I asked further, “What about the big building project that’s in the last months of planning?” “Oh, Bill knows how to take care of that,” they reassured me. The Renewal Leave showed value before it even started with the assurance that they would be fine without me.

The spiritual renewal experiences were excellent. The shadowing experiences introduced me to best practices and ideas that were formative. However, the highlight of the leave was the tour of the southern U.S. (2500 miles) with 17 other riders and a support group of 5 staff. On this coast-to-coast trip we dipped our rear wheels in the Pacific at Carlsbad, CA and the front wheels in the Atlantic at Brunswick, GA six weeks later. Each week we rode for 6 days and we rested on Saturdays. We stayed overnight in churches, university gyms, campgrounds and motels.

The motto of Wandering Wheels was “It’s not the destination. It’s the journey.” We learned to pay attention to life.

I came back with my cup overflowing, with a fresh delight in life, and an eagerness to step into the next segment of my ministry. I kept a journal which keeps the memories of my leave alive. I confess that, during more than one boring meeting or event in the next several years, I pulled out my phone and began re-reading my journal. I would grin widely and, once or twice, almost laugh out loud. I decided it was too risky to read my journal in public meetings!



“It’s not the destination. It’s the journey. We learned to pay attention to life.”

Kent E. Kroehler, Lancaster PA



Healthy Recipe

PECAN CRUSTED HONEY MUSTARD SALMON

INGREDIENTS

- 4-4oz. Salmon fillets
- ½ cup crushed pecans
- Juice of 1 orange
- 2 tablespoons of honey
- 2 teaspoons Dijon mustard

DIRECTIONS

1. Combine juice, honey and mustard to make a marinade.
2. Place salmon in dish or Ziploc bag and top with all but 1 tablespoon marinade.
3. Refrigerate for 30 minutes.
4. Place salmon fillets on tin foil. Baste with remaining marinade and top with crushed pecans.
5. Grill over high heat for 12 minutes, or bake at 400 degrees for 20 minutes.

Nutrition Information

Per serving:

Calories: 155.9	Dietary Fiber: 1.4 g
Total fat: 8.9 g	Sugars: 105 g
Saturated fat: 0.9 g	Potassium: 214.4 mg
Polyunsaturated fat: 2.9 mg	Protein: 6.7 g
Monounsaturated fat: 4.6 mg	Vitamin A: 1.0%
Cholesterol: 15.7 mg	Vitamin B12: 14.4%
Sodium: 192.8 mg	Vitamin B6: 15.0%
Total Carbohydrates: 12.0 g	Vitamin C: 14.8%

Did You Know Eating Salmon...

- Reduces risk of cancer and cardiovascular diseases
- Aids in maintaining healthy skin and hair
- Helps prevent macular degeneration and loss of vision
- Improves memory and efficiency of brain functions



WELL-BEING ARTICLE

Woop It Up

The power of positive thinking is not a new concept. In [Philippians 4:8 ESV](#), we read:

"... whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

But with many things to drag on our positive outlooks, negative thinking has a way of creeping in. For a new way to approach positive thinking try something called a WOOP. Found at [woopmylife.org](#), a WOOP is an online tool where you can work through a problem as small as, for example, "I do not know how to resolve an issue at work." Or, "My stress level is very high because xx." Online prompts walk you through strategies and ideas for positive approaches to your situation. This science-based mental tool helps transform your thought process and fulfill wishes, set preferences, and change negative habits.

Source: [WoopMyLife.org](#)



ASK AN EXPERT

What Are Some Tips for Managing Change?

Lisa Drew, Change Management and Communications Consultant

More than any other year (that I can recall) 2020 has created a need for individuals to quickly adapt to change.

This year we've experienced society shut-down due to the Coronavirus Pandemic, we've had to learn to become "virtual" workers while maintaining a sense of connection, and we've internally reflected on how we think about race in society. We've also been dealing with significant change within the United Methodist Church, leading up to and following General Conference 2019.

When we think about the term "change management," it may generically refer to how change is managed at an organizational level (for example, an organization deploying a new technology) or how we manage change individually (for example, learning to use the new technology). Let's focus on the latter—**with all of this change around us how do I best prepare to adapt to the ever-increasing pace of change?**



Mindset. Often change can be difficult to process because we're focused on our past and how we've lived our life.... not necessarily where we want to go. As we think about change as an opportunity to learn a new skill, to meet new people or explore life, it becomes a more comfortable concept.



Acknowledge the change. Sounds simple enough, right? We often ignore what is changing around us and hope it goes away. Rather than let it wear us down or cause irritation, it's important to recognize that changes around us are happening. Practice self-care to manage related stress.



Communicate. For many people, a key to dealing with the emotions of a life transition is talking with friends, family, or colleagues. Having these discussions can be helpful especially if you choose to share with people who will help keep the conversations focused on the positive.

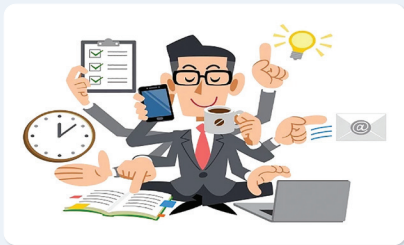


Examine what is bothering you about the change. Let's say you've relocated to a new town and at first this decision seemed positive. However, months in you are feeling frustrated by the change. Examine what it is you like—and what you don't. Do you love your new home, and the neighborhood you live in, but miss your friends and network? Once you isolate the issues, you know what to address. You'll recognize that some parts of the change will offer positive advantages! In this case, find ways to connect with old friends and focus on building a new network through church or community.

Be an Inclusive Leader

Inclusion is important for nurturing an individual's social and emotional dimensions of well-being. As a management strategy, it can also facilitate a more productive work environment.

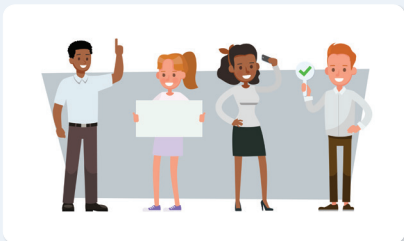
People like to be included! Here are some things you can do as a leader to promote inclusiveness:



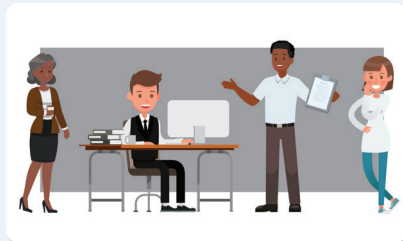
Be adaptive—fluency to adapt to things you learn about your team as they evolve as people and employees facilitates them feeling valued and included.



Respect individuality—understand that all kinds of people can contribute to a productive work environment. Oftentimes a unique combination of demographics and backgrounds can be a key component of a team's success!



Empower everyone—people should feel free to speak up, share ideas, and take charge of an initiative. If you are not hearing varying and/or contradicting viewpoints, something may need attention or fixing.



Facilitate Collaboration—Try mixing up the way you partner people on your team. Fresh collaborations can make people feel seen and included.

Resources



A host of resources are available at wespath.org/benefits



Well-Being Toolkits
Toolkit and webinar



Hark!
July 2020 edition



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: wellnessteam@wespath.org

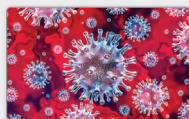
Print and Share Bulletins

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.



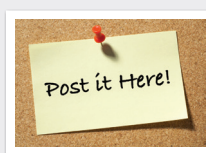
BULLETIN #1

Dimension Word Search Puzzle



BULLETIN #2

Build Your Virus Defense System



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