

STRATEGIES FOR PERSONAL WELLBEING



CURATED BY
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This 2-page document lists [actionable self-care strategies](#) in 4 categories consistently found among clergy exhibiting mental and emotional wellbeing. The strategies were discovered during personal interviews of clergy participating in a longitudinal study conducted by Dr. David Engle and Dr. Rae Jean Proeschold-Bell, researchers associated with the [Duke Clergy Health Initiative](#). These strategies distinguished clergy with high mental health from those with low mental health and burnout.