LESSONS LEARNED FROM FLOURISHING CLERGY posted August 7, 2020

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.