

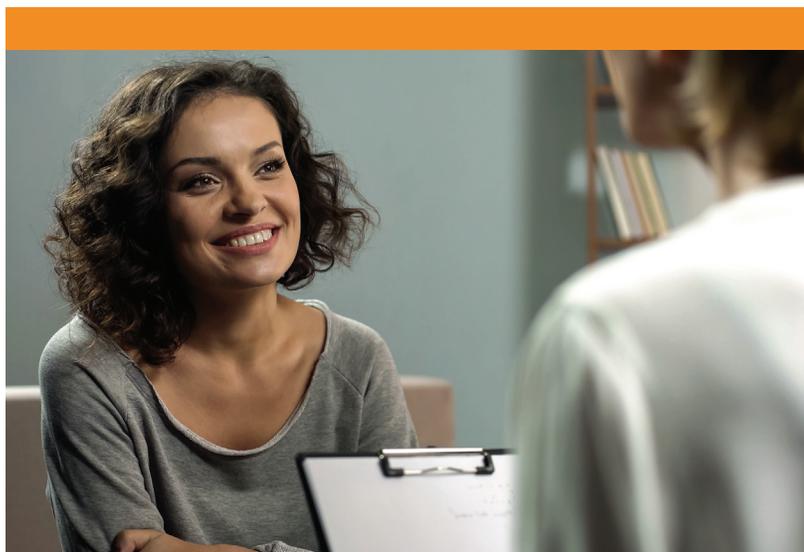


# DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING

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## The Therapist Is In!

When you have the flu, a broken bone or high blood pressure, you tend to go see a doctor. It is what you do to take care of your body. But that’s like fixing one wheel on a car. There is so much more that makes up the whole you. Taking care of your mental health is as important as your physical.

If you are feeling down, or you just need to speak with someone, taking the time to talk to a therapist or counselor can make all the difference in the world.

You may have access to an Employee Assistance Program (EAP) through your health care provider.

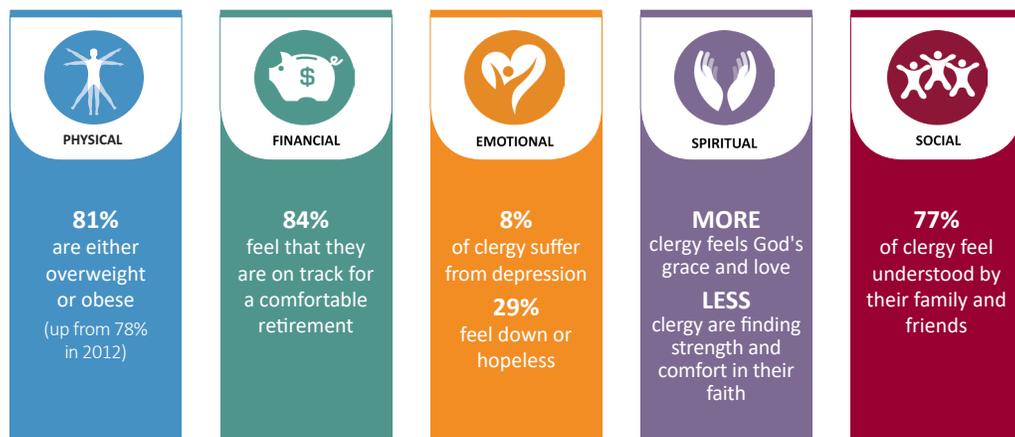
## The 2019 Clergy Well-Being Survey Results

For more information on the survey results, watch this video:



### Clergy Well-Being Survey Overview

Over 1,200 clergy completed the 2019 Clergy Well-Being Survey. This is the fifth time Wespath has administered the survey. Once again, there were positive and negative trends. Here are some of the results.



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

## Wespath Partners with Investors for Opioid Accountability

Wespath has joined the Investors for Opioid Accountability (IOA), a coalition engaging pharmaceutical manufacturers, distributors, and pharmacies on the impact of the opioid epidemic. While the opioid epidemic has many causes, the IOA believes that it is partly due to a failure in corporate governance, something the group seeks to improve.

Wespath's Anita Green, Director of Sustainable Investment Strategies, states, *"By engaging with companies, the IOA is asking companies to adopt or strengthen their board member independence, corporate accountability and oversight related to opioid risks."*

The IOA has reached agreements with companies in the pharmaceutical industry—some voluntary, following discussions with the company, and some through the filing of shareholder resolutions. Shown here, Green attended the United Methodist Foundation of West Virginia, Inc. dinner and presented on Wespath's engagement with these companies.

About 2.4 million Americans have an opioid use disorder

Source: [whitehouse.gov](http://whitehouse.gov)



Anita Green, Director of Sustainable Investment Strategies

## PERSONAL SUCCESS STORY



“ Learning to say ‘thank you’ instead of ‘please’ all the time was life changing. ”

**Ann Hammond**  
Member, United Methodist Temple  
Clarksburg, West Virginia

In addition to “hanging around with the wrong crowd,” the trauma of having a child at a very young age and giving her up for adoption left a young Ann Hammond in a very fragile place.

Oxycontin was easy to find in West Virginia, especially in the college town where Ann lived. When prescriptions from friends’ parents’ cabinets dried up, like many users, Ann found injectable heroin to be a cheap and easy replacement. She also found that it quickly leads to a debilitating addiction.

After one recovery, Ann lost her younger brother. This tragedy started another downward spiral. Ann found herself at rock bottom, remembering *“I only agreed to treatment to stay out of prison. I went through the motions, got a sponsor and worked the Steps. All of a sudden, I found I had gained something that I wasn’t willing to give up—a year of sobriety.”* She also stated *“My connection with God had weakened. The only time I had prayed for years was when I was in trouble.”* Thankfully, the strong foundation of Methodist faith laid by her parents and grandparents made it easy for her to reconnect through the faith journey of the 12-step program. *“Learning to say ‘thank you’ instead of ‘please’ all the time was life changing,”* she said.

She met her husband in the program, and had a son. She also has a stepdaughter and has reunited with the daughter she gave up for adoption. Ann now works as a recovery coach. She said *“I have a lot to live for and I want to share that hope with others.”*

When she saw some empty space next to her church, she was inspired to do more. After putting labor and love into a rehabbing effort, she is close to opening a recovery house for 12 women transitioning from rehab. *“We want to provide women both a break and the skills needed to get back on their feet. We will give priority to women who are trying to reunite with their children. Our coaches will help them remove obstacles that are in the way of their recovery.”*

The UMC’s attention to the opioid crisis is important. Ann wants others to know *“Addiction knows no bounds. It does not discriminate by wealth, education, morals. A disease can’t be prayed away, but we can pray that addicts find the help they need or that they are willing to recover. And also that we can continue to provide, as my family did for me, a strong faith foundation so people can circle back to God if they lose their way.”*



## Healthy Recipe

### Smoothies for Everyone!

There are so many variations to making a great smoothie. Tailor-making this healthy option is easy to do based not only on preferences, but on what you might have in your refrigerator!

Here is a basic recipe to get you started. Try variations to discover what you find the most satisfying or try one of our staff recommendations.

#### INGREDIENTS

- ½ cup liquid (juice, water, milk)
- 1-1/2 cups combination fruits and vegetables (fresh or frozen)
- Ice (8 cubes if no frozen ingredients are used, 3-4 if frozen food included)

#### DIRECTIONS

Place all ingredients in blender or processor and blend. Add additional liquid one tablespoon at a time for desired consistency.

How easy is that? Additional ingredients like yogurt (½ cup), nut butters (2 tablespoons) and supplement powders (2 tablespoons) can be added as desired.

Here are some variations used by Wespath employees. Share your own recipe with us on Facebook or Twitter by tagging [#MyFavoriteSmoothieUMC](#).

**Kristina Lynch**  
Content Manager



#### INGREDIENTS

- Two carrots
- Piece of ginger root
- 1 banana
- Strawberries
- ½ of an orange
- Apple juice

**Connie Christian**  
Manager, Fixed Income



#### INGREDIENTS

- Water
- Kale or spinach
- ½ Cucumber
- Banana
- Blueberries, raspberries and strawberries
- Ground flax seed
- Peanut or almond butter

**Christina Tincher**  
Marketing Manager



#### INGREDIENTS

- Almond milk
- Banana
- Vanilla protein powder
- Spinach
- Ginger
- Almond butter
- Cinnamon, nutmeg, clove

**Nick Abel**  
Manager, Sustainable Investment



#### INGREDIENTS

- Oat milk
- Protein powder
- Spinach
- Flaxseed
- Blueberries and raspberries

## Emotional Well-Being

### Emotional Well-Being Tips for Leaders

Being on the lookout for signs of emotional distress is not just something we should do for ourselves. Observing these signs in others may indicate they are in need of help:

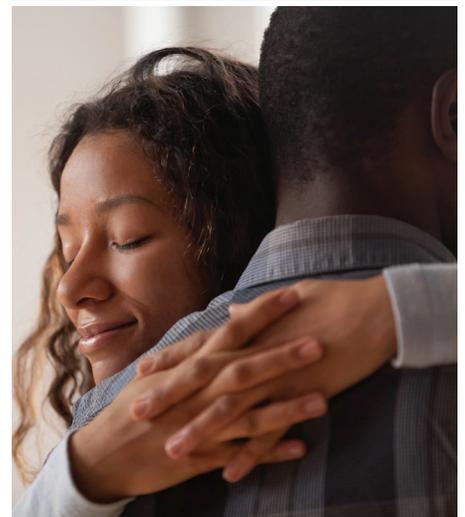
- Anxiety or listlessness
- Down mood
- Difficulty concentrating
- Lack of creativity
- Fatigue or exhaustion
- Headaches
- High blood pressure
- Difficulty sleeping
- Increased susceptibility to colds and flu
- Muscle tension and body aches

### Employee Assistance Program 1-800-788-5614

Available to HealthFlex members. Call anytime for confidential help.

### Substance Abuse and Mental Health Services Administration 1-800-662-HELP (4357)

National Helpline available to anyone at anytime. SAMHSA's National Helpline is a free, confidential, 24/7; 365-day-a-year treatment referral and information service.





# Feeling the Pressure?

Here are some suggestions to alleviate mental strain and help you take care of you:

### Value Yourself

Treat yourself with kindness and respect. Make time for sleep, hobbies and favorite projects. Try something new: plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

### Practice Resiliency

Like it or not, stress is a part of life. Coping skills are valuable. Walk in nature, play with your pet or try journal writing as a stress reducer.

### Laugh, Smile and See the Humor in Life

Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

### Change Your Outlook, Literally and Figuratively

Practice looking at things from a new perspective. Redecorate, change your route, put yourself in someone else's shoes.

### Get Help When you Need It

Seeking help is a sign of strength whether you just need to talk to someone or need more help. Treatment is proven to be effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

Source: National Mental Health Association

Resources

A host of resources are available at [wespath.org/benefits](http://wespath.org/benefits)

Wespath **articles** related to each of the five dimensions of well-being

**Congregational resources** including **UMC Health Ministry Network**

**Hark!**  
July 2019 edition

Newsletter and Bulletins found at [wespath.org/benefits/newsletter](http://wespath.org/benefits/newsletter)

**Well-Being Toolkits**

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: [wellessteam@wespath.org](mailto:wellessteam@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:**  
**Friends Are Important**

**BULLETIN #2:**  
**Our Lives Revolve Around Food**

**Disclaimer**

Wespath's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.

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