



Wellbeing is a complex area and sometimes it can be difficult to know where to start. Here you can find resources emerging from the Living Ministry research to use for personal reflection and in discussion with others. Designed specifically for ordinands, clergy, senior clergy and diocesan officers, they will help you think about your own wellbeing and how you support the wellbeing of others, and point you in the direction of further sources of support.

## **How Clergy Thrive: Insights from Living Ministry**

### **[How Clergy Thrive: Insights from Living Ministry: Downloadable PDF](#)**

Based on the Living Ministry research, Dr. Liz Graveling has written this booklet as a tool both for clergy reflecting on their own wellbeing and for those with responsibility for supporting the wellbeing of others. It is published by Church House Publishing.

You can download a [copy here](#)

Or purchase it from [Church House Publishing](#) for £2.99

### **[How Clergy Thrive: Downloadable worksheets](#)**

These question pages, drawn from *How Clergy Thrive*, are a helpful, downloadable tool to assist in working through the different areas of clergy wellbeing.

[Questions for reflection for Clergy](#)

[Questions for reflection for Senior Clergy and Diocesan Officers](#)

## [How Clergy Thrive Summary](#)

Our research has found six key principles that help clergy to thrive, which are summarised here

[Downloadable summary with six ways clergy can thrive.](#)

## [How clergy thrive during a pandemic: downloadable resource](#)

During the Covid-19 pandemic, many people will see most or all of these six areas disrupted, it is hardly surprising that our physical, mental, spiritual, vocational, relational and material wellbeing will be threatened. The challenge is to find ways to recreate these elements as we adapt to the current circumstances.

Download this *How Clergy Thrive* resource that specifically addresses how clergy can thrive during the pandemic.

## Other Resources

### [Clergy Wellbeing Powerpoint Presentation](#)

These slides were used for a Clergy study day and give an overview of Living Ministry findings about clergy wellbeing.

[Downloadable Clergy Wellbeing Presentation](#)

### [Sources of Support](#)

Find additional resources and listings of support organisations inside and outside the church by downloading this document:

[Wellbeing - Sources of support for clergy and ordinands](#)

### [Transitions briefing papers](#)

**Drawing on learning from our research, these briefing papers are designed for those experiencing and supporting others through key transitions in ordained ministry.**

[Ordinand to curacy](#)

[Curacy to next post](#)

[Between posts](#)

[Approaching retirement](#)

### [Wellbeing Map](#)

This map is used in our Living Ministry research. It is a tool to help you think about your own wellbeing and how it changes over time.

[Downloadable Wellbeing Map](#)

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