

## The Living Ministry Wellbeing Map

The wellbeing map was designed as a research tool to help people taking part in interviews and focus groups talk about different aspects of their wellbeing and capture change over time. However, some participants have also found it helpful for their own personal reflection.

### How to use the wellbeing map

Look at the diagram. Imagine the centre of the circles represents a place where everything is perfect in all areas of your wellbeing. The outer circle, by contrast, is where things are extremely difficult. Where would you place yourself on each of the lines?

Feel free to:

- Place several marks on a line, for example for different relationships or if it makes sense to treat physical and mental health separately;
- Indicate a range instead of a point on a line;
- Annotate your wellbeing map to remind yourself if you return to it in the future.

Return to your wellbeing map at intervals, perhaps after six months or a year, or perhaps if your circumstances have changed, and reflect on what has changed and where you would place yourself on each line now.

### If you are using the wellbeing map with other people...

- Make sure each person has a copy of the wellbeing map.
- Take each line in turn, allowing each person time to reflect on that aspect of wellbeing before moving on.
- Don't try to compartmentalise the different aspects of wellbeing too rigidly: they will flow naturally into each other.
- Treat it as a conversation: ask questions of each other, reflect on similarities and differences in experience, but don't try to advise or solve other people's problems.
- Respect the confidentiality of the group.

### If you are using the wellbeing map on your own...

- Print out the wellbeing map so you can mark it.
- Don't skip the reflective questions below: think through why you are positioning yourself as you do and what that means for you. Write down your answers to help you articulate them.



## Questions to consider

### **Spiritual & vocational wellbeing**

How far are you fulfilling your vocation? How is your relationship with God?

### **Physical & mental wellbeing**

How is your health at the moment?

### **Relationship wellbeing**

How much do you feel connected and supported or isolated in your personal life and in your ministry?

### **Financial & material wellbeing**

How are you managing financially? How happy are you with your standard of living?

### **Participation wellbeing**

How far do you feel able to participate in the life of the church (and, if you like, wider society) to the extent that you would like?

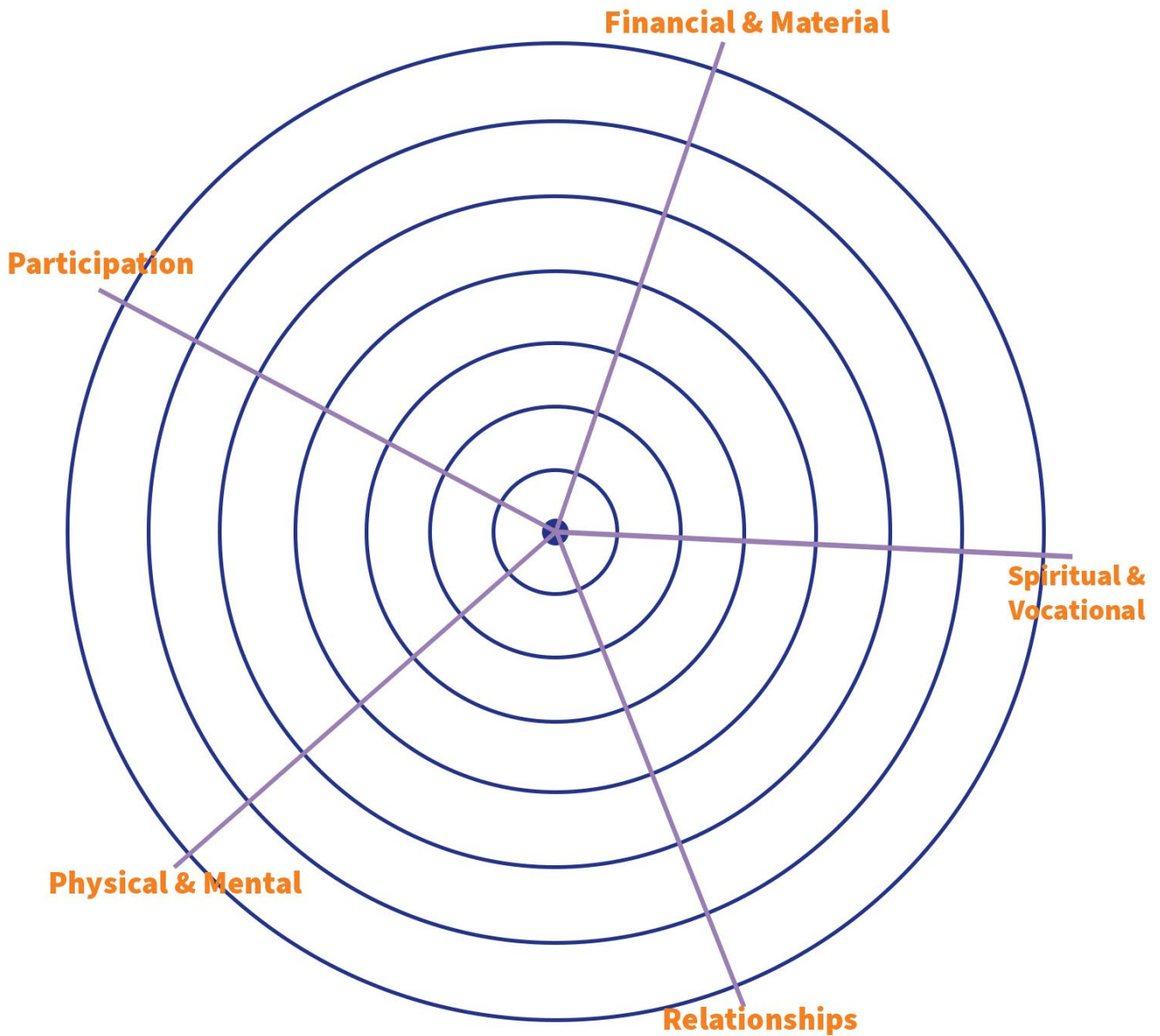
You may wish to think about:

- Why you have placed yourself as you have on each line;
- What has affected your wellbeing either positively or negatively;
- How much your position fluctuates or has changed over recent months;
- What your hopes or expectations are in each area for the future;
- How each aspect of wellbeing plays out in your personal life and in your ministry;
- Where you have found support in each aspect of wellbeing;
- How the different aspects of wellbeing interact with each other in your life;
- What has changed, and why, since you last reflected on your wellbeing;
- What you could do to make a difference to your wellbeing in each area.



## Wellbeing Map

Date:



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