

Table of Contents

Preface

1. **Introduction**
 - The Story of RL
 - The Wholeness Wheel
 - What Is Health?
 - The Importance of Self-Care
 - Sarah's Story: RL's Wife
2. **Physical Well-Being: A Healthy Body**
 - Keep Your Body Physically Active
 - Feed Your Body Healthy Food
 - Give Your Body Adequate Rest
 - Have a Healthy Sex Life
3. **Emotional Well-Being: A Healthy Mind**
 - Recognize Stress and Develop Coping Skills
 - Susan, RL's Administrative Assistant
 - Welcome Change and Learn How to Adapt
 - Learn How to Prevent Depression and Recognize Its Signs
 - Work at Being Happy
 - Greg: Assistant to the Bishop
4. **Intellectual Well-Being**
 - Exercise Your Mind
 - Lifelong Learning
 - Daughter Deborah
5. **Social/Interpersonal Well-Being: High-Quality Personal Relationships**
 - Love God
 - Love Yourself
 - Love Your Family
 - Love Your Neighbors
 - Mutual Ministry

6. **Vocational Well-Being**
 - Seek Fulfillment in Your Vocation
 - Be Confident in Your Calling
 - Leave a Legacy
 - Manage Time Well
 - Understand the Purpose of Work
 - Grow in Your Profession
 - Update on RL

7. **Spiritual Well-Being**
 - Be Knowledgeable about Your Faith
 - Practice Your Faith
 - Sabbath

8. **Living Well**
 - Prepare for Illness
 - Manage Your Illness
 - Dying Well
 - A Prescription for Your Health
 - Ten Best Practices for Health and Wellness
 - RL's Sabbatical

9. **Health and Wellness in Public Ministry**
 - Self-Care: Pastor or Physician
 - Self-Care
 - Healthy Habits
 - Wellness Planning or Activities
 - Boundaries
 - Lifelong Learning
 - Sabbatical
 - Spiritual Growth
 - Sabbath
 - Pastor Mary

10. **The Gift of Ministry**
 - Qualities of Good Ministers
 - Congregational Expectations of Pastors
 - Change and Challenges
 - Leadership Style
 - The Gift of Ministry

Appendix: Wellness Guide
Notes
For Further Reading