

MANAGING MINISTRY PRESSURE BETTER

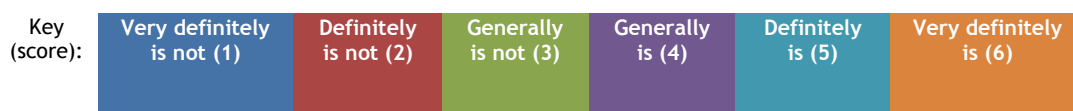
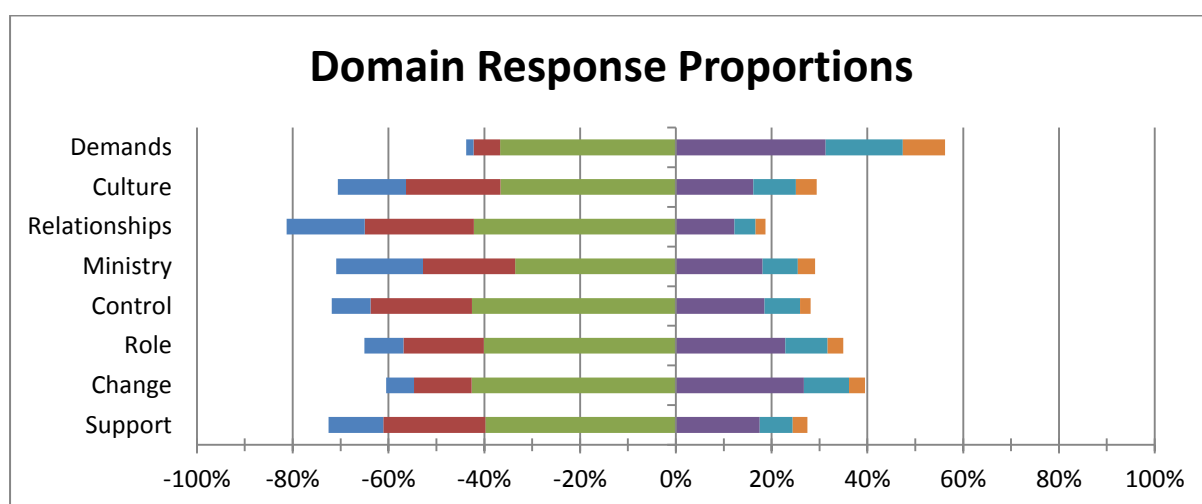
APRIL 2015

The survey was conducted 9 – 27 February 2015

All clergy were invited to complete on a voluntary basis and the response rate was 389 (62%)

A detailed presentation was made to the moderators on 2<sup>nd</sup> April

The highlights are:



- The demands of the work (volume and speed, including the correspondence) produce the most pressure
- Relationships and support are particularly good
- Church finance, as opposed to personal finance, is a source of pressure
- The most pressured are the 40-49 year olds
- Those in rural ministry are relatively less pressured
- The full timers are more pressured than the part-timers
- Those working long hours and without time off work need to review their boundary setting
- Overall the pressure levels compare favourable to secular employment
- Those clinically depressed have been identified and helped either by their GP or on-line cognitive therapy
- Individuals have been given a positive strategy

There is no room for complacency either for the church or for individuals.

However the overall results are encouraging, with the proviso that those with particular pressure points highlighted in the results attend to them.