



# Resources



## OFFICER PERSONNEL

There is more to being an officer/ ministry worker than preaching, leading teams, pastoral care, casting vision and conflict resolution. While the WELNESS Wheel is primarily about a leader's personal life, a leader leads out of who they are. The desire of the personnel team is to empower officers and ministry workers to reach their full potential through developing skills and personal capacities. We want to see leaders who are healthy in body, mind and soul. The WELNESS Wheel is just one simple tool to consider our whole selves.

THIS RESOURCE BOOK IS DESIGNED TO BE USED IN CONJUNCTION  
WITH THE WELNESS WHEEL WORKSHEET.

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## WHAT IS WELLNESS?

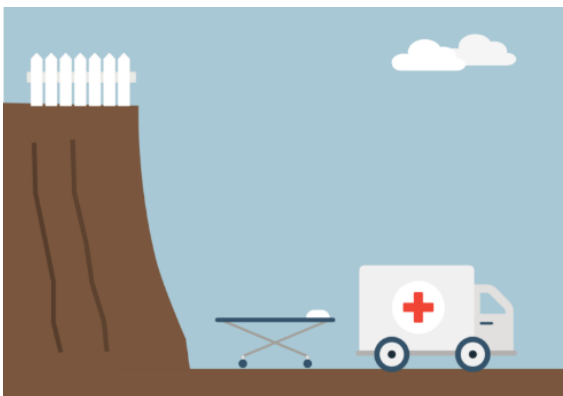
Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

– *University of California, Davis USA*

*“a conscious, self-directed and evolving process of achieving full potential.” The National Wellness Institute*

### Why Wellness Matters

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It’s an ongoing circle. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.



## Seven Dimensions of Wellness

There are seven dimensions of wellness:

- Work
- Emotions
- Lifelong Learning
- Nurturing Relationships
- Exercise & Physical Health
- Spiritual
- Stewardship



Each dimension of wellness is interrelated with another. Each dimension is equally vital in the pursuit of optimum health. One can reach an optimal level of wellness by understanding how to maintain and optimize each of the dimensions of wellness.

Areas overlap and impact other areas of the wheel. Improving one area is likely to have a positive impact on other areas. Likewise, many of the resources listed here overlap into other areas

## WORK (MINISTRY)

Work wellness is about enjoying ministry. Appreciating your skill, talents and gifts. Are you working to your strengths?

This dimension of wellness recognizes the importance of satisfaction, enrichment and meaning through your ministry.

Working (Ministry) takes up a majority of your time during the week, so the way you feel about your ministry contributes to your overall well-being.

## ONLINE RESOURCES

- Why you are dissatisfied in ministry:  
<https://churchleaders.com/pastors/pastor-articles/156188-dallas-willard-why-you-re-dissatisfied-in-ministry.html>
- Ministry satisfaction and emotional exhaustion:  
<http://www.ncls.org.au/default.aspx?sitemapid=6973>
- Click [here](#) to go to Officer Wellbeing page on Salvos Central



## BOOKS

- Brain, Peter **Going the Distance** Matthias Media, Kingsford 2001  
<http://www.matthiasmedia.com.au/going-the-distance>
- Chole, Alicia Britt **Anonymous: Jesus Hidden Years and Yours** Thomas Nelson Nashville Tennessee 2006  
<http://aliciachole.com/product/anonymous-jesus-hidden-years-and-yours/>
- Scazzero Peter **The Emotionally Healthy Leader** Zondervan, Grand Rapids Michigan 2015  
<https://www.emotionallyhealthy.org/eh-leader/>

## SERVICES

- **Pastoral Services**

The Salvation Army's Pastoral Services focus on increasing holistic health in Salvation Army missional leaders using *spiritually & clinically informed care*.

Active officers or their dependent children may contact any member of the Pastoral Services team for counsel or support.

Phone 03 9841 3900

Email [TSAPastoralServices@salvationarmy.org.au](mailto:TSAPastoralServices@salvationarmy.org.au)

Click [here](#) to go to the Spiritual and Emotional Wellbeing in the officers tool kit for more resources and information from Pastoral Care Services.

## EMOTIONAL

Emotional wellness involves accepting and exploring who you are, enhancing your inner resources to reduce stress and maintaining a positive outlook on life.

It's about managing stress and understanding your feelings to better care for yourself. Your journey of self-discovery will continue.

## ONLINE RESOURCES

- **Loneliness** *11 things to do if you're feeling lonely*  
<https://au.reachout.com/articles/11-things-to-do-if-youre-feeling-lonely>
- **Self harm and self injury**  
<https://www.beyondblue.org.au/the-facts/self-harm-and-self-injury>
- **Exercise and Mental Health**  
<https://www.healthdirect.gov.au/exercise-and-mental-health>
- **Beyond Blue**  
<https://www.beyondblue.org.au/get-support/get-immediate-support>
- **Black Dog Institute**  
<https://www.blackdoginstitute.org.au/>
- **Lifeline**  
<https://www.lifeline.org.au/resources/toolkit-downloads/>

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- Converge- Nutrition & Lifestyle Assist™

Nutrition & Lifestyle Assist™ is:

- a confidential service
- available for up to 6 sessions per annum
- can help improve your wellbeing by:
  - building emotional resilience
  - increasing your capacity for stress management
  - better managing mental health issues including anxiety and depression
  - overcoming drug and alcohol issues
  - managing addictive behaviours including smoking and gambling
  - increasing your physical wellbeing, including nutrition and fitness
  - weight management

## LIFELONG LEARNING

Lifelong learning involves being engaged in creative, stimulating mental activities expanding your knowledge and skills, and using your talents to help others and solve problems.

This can be learning about anything. It can range from formal academic studies through to learning a new language, hobby, sport, or a musical instrument.

Engage in the discipline of wonder. Read a book about something you do not know much about or pay attention to the things around you.

Sign up for a class in pottery, DIY at Bunnings, dance, art, photography etc

Learn about another culture.

## ONLINE RESOURCES

<http://www.johnmaxwell.com/blog/how-do-i-maintain-a-teachable-attitude>

Click [here](#) to head to the Officer Ministry & Development page in the Personnel Officer Toolkit. Here you will find information on

- Further study
- Leadership Development Opportunities
- Officer Ministry & Development Plan

## NURTURING RELATIONSHIPS

Nurturing Relationships is about giving and receiving support through relationships. For some this is family, for others this is other significant relationships.

### Examples of Nurturing Relationships:

- Developing healthy relationships with family & friends
- Respecting & understanding other individuals
- Respecting the cultural identities of others
- Effectively managing unhealthy relationships
- Spending time with loved ones
- Feeling self-confident alone or with others

## ONLINE RESOURCES

- **Sexual Addiction (e.g. porn)**
  - **XXX Church** (Christian website)  
<https://www.xxxchurch.com/homepage-v3>  
Porn addiction is one of the most difficult addictions to overcome, but XXX church is your resource online for pornography addiction help. They prevail over sex and porn addiction through awareness, prevention, and recovery. Blog categories include Men, Women, Children, Spouses, Parents and Students.

- **Covenant Eyes** (Christian website)

<http://www.covenanteyes.com/>

Porn thrives on shame and secrets. This Internet Accountability service is designed to help you overcome porn by monitoring your internet activity and sending a report to a trusted friend who holds you accountable for your online choices.

Downloadable ebooks <http://www.covenanteyes.com/e-books/>

- **pureHOPE**

<http://purehope.net/>

To help people live better lives free from the influences of pornography and the sexual messages of the culture.

- **Fight the new drug** (non faith based)

<https://fightthenewdrug.org/>

Fight the New Drug exists to provide individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using only science, facts, and personal accounts.

A couple of free ebooks are available for download. One is about the effect of porn and the other is a useful tool for parents about guidelines.

- **Single**

- “More than single: finding purpose beyond porn “ free ebook

<http://www.covenanteyes.com/singles-guide/>

- **Family**

- Click [here](#) to go to 8 ways to rethink the conversation about singleness
- Older adults opening up about anxiety and depression  
<http://resources.beyondblue.org.au/prism/file?token=BL/1313>

## BOOKS

### **Single**

Munroe, Miles *“Single, Married, Separated and life after Divorce”*

<https://www.amazon.com/Single-Married-Separated-after-Divorce/dp/0768422027>

### **Married**

Munroe, Miles *“Single, Married, Separated and life after Divorce”*

<https://www.amazon.com/Single-Married-Separated-after-Divorce/dp/0768422027>

### **Divorced**

Munroe, Miles *“Single, Married, Separated and life after Divorce”*

<https://www.amazon.com/Single-Married-Separated-after-Divorce/dp/0768422027>

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Email [TSAPastoralServices@salvationarmy.org.au](mailto:TSAPastoralServices@salvationarmy.org.au)

Click [here](#) to go to the Spiritual and Emotional Wellbeing in the officers tool kit for more resources and information from Pastoral Care Services.

**Converge International EAP Counsellors** can assist with any of the following issues:

- bullying, harassment and abuse
- communication break-down
- coping with change
- dealing with a crisis
- eating and weight issues
- gambling, drug, alcohol and other addictions
- grief, bereavement and loss
- interpersonal conflict at work
- loneliness
- managing heavy workloads
- marital and relationship issues
- mental health issues
- motivation and self-esteem

Call 1300 687 327 [convergeinternational.com.au](http://convergeinternational.com.au)



## EXERCISE AND PHYSICAL HEALTH

Exercise & Physical Wellness is about creating opportunities for healthy eating, active living and self-care practices that will support your health and wellness.

Maintain a healthy quality of life that allows you to get through your daily activities without unnecessary fatigue or physical stress. Keeping up with your medical checks, exercise etc.

### **Exercise & Physical Wellness means:**

- Maintaining an active lifestyle
- Eating nutritiously
- Seeing a doctor for regular check-ups
- Sleeping enough to feel rested

## STRATEGIES TO ENHANCE YOUR EXERCISE & PHYSICAL HEALTH

### **Find time in a busy schedule to be active:**

- Set small goals. Go for a quick walk at lunch time or in between activities and meeting
- Sign up for yoga, fitness, sport or other recreation programs
- Schedule an activity with a friend so you can support each other in being active

## ONLINE RESOURCES

### Exercise

- Exercise and mental health  
<https://www.healthdirect.gov.au/exercise-and-mental-health>
- Getting Active - Heart foundation  
<https://www.heartfoundation.org.au/active-living/get-active>
- Healthy Living an Overview  
<https://jeanhailes.org.au/health-a-z/healthy-living>
- Physical Activity and Exercise  
<https://jeanhailes.org.au/health-a-z/healthy-living/physical-activity-exercise>

### Diet

- CSIRO Total Wellbeing Diet click [here](#)  
The Total Wellbeing Diet is unlike any online weight loss program in Australia. If you successfully complete the 12 Week Program, **we will fully refund your \$199 program fee.**

Many members find this a great way to hold them accountable or reward themselves for a job well done. Please note, the refund offer is not available with promotions and bundle offers.

- Australian Dietary Requirements  
<https://www.eatforhealth.gov.au/>

## SERVICES

- Converge - Nutrition & Lifestyle Assist™
  - Nutrition & Lifestyle Assist™ is:
    - a confidential service
    - available for up to 6 sessions per annum
  - Nutrition & Lifestyle Assist can help improve your wellbeing by:
    - building emotional resilience
    - increasing your capacity for stress management
    - better managing mental health issues including anxiety and depression
    - overcoming drug and alcohol issues
    - managing addictive behaviours including smoking and gambling
    - increasing your physical wellbeing, including nutrition and fitness
    - weight management
    - life stage and retirement planning

Call 1300 687 327

[convergeinternational.com.au](http://convergeinternational.com.au)

- your local gym or club

## SPIRITUAL

Growing as a spiritually healthy leader. Have a Spiritual health plan. Have a daily habit of being with God through prayer and scripture not for the purpose of prep or your appointment but for your own spiritual life. Have a person who is keeping you spiritually accountable.

### **Spiritual Wellness Means**

- Having a spiritual life that you are passionate about
- Exploring different spiritual disciplines
- Understanding your own spiritual temperament- knowing the most natural way you connect with God.
- Growing to become more like Jesus - observable fruit of the spirit
- Testify to a deepening relationship with God

## ONLINE RESOURCES

### **Ruth Haley Barton**

- Subscribe to the eNewsletter  
sub<http://www.transformingcenter.org/ruth-haley-barton/>
- Listen to Strengthening the Soul of Your Leadership with Ruth Haley Barton in Podcasts.  
<https://itunes.apple.com/au/podcast/strengthening-soul-your-leadership-ruth-haley-barton/id1214483830?mt=2>

Click [here](#) to go to Spiritual wellbeing on Salvos Central

### **Follow on Facebook**

- Renovaré USA
- Henri Nouwen Society
- The Salvation Army Spiritual Life Development

### **Apps**

- PrayerMate - helps you to be faithful in prayer for the people and causes you care about. Operational daily alarm clock to reminds you to pray.
- Lectio 365
- Pray as you go

## BOOKS

Barton, Ruth Haley **Sacred Rhythms: Arranging our Lives for Spiritual Transformation** (IVP Books, Illinois 2006)

Calhoun, Adele Ahlberg **Spiritual Disciplines Handbook** (IVP Books, Downers Grove, Illinois 2015)

Chole, Alicia Britt **The Sacred Slow: A Holy Departure from Fast Faith** (Thomas Nelson, Nashville Tennessee 2017)

Hybels, Bill **Too Busy Not to Pray** (Illinois:IVP, 1998)

MacBeth, Sybil **Praying in Color** (Paraclette Press, Brewster Massachusetts 2013)

Macchia, Stephen A **Crafting a Rule of Life- An Invitation to the Well-Ordered Way** (IVP Books, Downers Grove, Illinois, 2012)

## STEWARDSHIP

Stewardship Wellness means living a generous life with the resources God has given you. Living within your means and managing finances for the long & short term.

Examples of stewardship wellness:

- First fruits – giving our first tithe to God through our local church
- Recognising that 100% of what we have comes from God
- Accepting that what we have is not ours, but has been entrusted to us
- The way we handle money will always impact our relationship with God
- Generosity & Stewardship are vital aspects of Discipleship
- Arguments about finances is a major reason for marriage breakdown
- The greatest obstacle to our faith in Jesus Christ is money
- Look to the scriptures for freedom in your finances
- Seek assistance if needed

To assist with Financial Management, you could:

- Develop long & short-term financial goals
- Track your spending
- Budget effectively
- Limit overspending
- Recognise & manage financial risks
- Use credit wisely

## A few questions to consider:

- How much thought do I give to how I use what God has entrusted to me?
- Do I give my first fruits to God regularly?
- How comfortable do I feel talking about God and money?
- How will I use my finances differently today?

## ONLINE RESOURCES

- [Salvationarmy.org.au/generousculture](http://Salvationarmy.org.au/generousculture)
- [Christianstewardshipnetwork.com](http://Christianstewardshipnetwork.com)
- [Bibleproject.com](http://Bibleproject.com) (free videos & study material)
- *"You're the boss"* app - search for "The Salvation Army You're the Boss"

*"You're The Boss"* has been developed by The Salvation Army to help us stay on top of our money. This site is filled with tips, tricks and information to help make every day financial decisions easier. You will be the boss of your financial situation.

Regular emails with devotionals can be sent to you. Here are some recommendations:

- YouVersion Bible (ie What is Generosity? and Giving It All Away...Getting It All Back)
- Christian Stewardship Network



## BOOKS

- *THE BIBLE* – over 2000 verses and most of the parables
- “Contagious Generosity” by Chris Willard & Jim Shepherd
- “Leading a Generous Church” by Todd McMichen
- “Joy Giving” by Cameron Doolittle

Rainer, Art **The Money Challenge:30 Days of Discovering God's Design For You and Your Money** (B&H Publishing Group, Nashville Tennessee, 2017.)

- The teaching in this book, centred around giving generously, saving wisely and living appropriately, is mostly told in story form. The story is of a young adult, Annie, who gets her finances in a mess. She finally goes to see a financial advisor at her local bank and he gives his 'godly' wisdom to her situation. I am sure that others will relate to her situation too. Throughout the book Art Rainer keeps drawing the reader back to generosity and giving to one's church as a first priority. He sets a challenge for each day for 30 days. For example, the first 'Money Challenge' on day 1 is to spend time in prayer, day 3 is have a generosity conversation with your spouse or, if not married, a close friend. He introduces the 'Take Off' method for new givers who find it difficult to give 10%. One of the great sayings that keeps recurring in the book is, "God did not design us to be hoarders, but conduits through which His generosity flows." This book teaches about giving to God but will take the reader on a journey that will have benefits to all aspects of their financial life. <http://themoneychallengebook.com/>

There is a fuller list of recommended reading on this web page.

<https://www.salvationarmy.org.au/generousculture/resources/generosity-teaching/books-podcasts-and-websites/>

## PODCASTS

- Stewardship Leader
- Getting Money Right
- The Generosity Podcast
- Bible Project

## SERVICES

*Moneycare* is available to those within TSA as well as the public. Financial troubles can be a major cause of stress but if you're struggling with money, you're not alone. You can start to solve your money worries with Moneycare services. Information can be found on these websites:

<https://salvosau.sharepoint.com/sites/SUP0858Comms/SitePages/Moneycare.aspx>

<https://www.salvationarmy.org.au/about-us/our-services/moneycare/>

### Money Assist – Converge

The Salvation Army offers a confidential and independent Money Assist specialist service, which is available under the Employee Assistance Program.

Money Assist can help you improve your wellbeing by:

- Resolving financial habits that are causing conflict
- Eliminating stress caused by financial challenges
- Creating a personalised action plan to get out of debt sensibly and without extra cost
- Learning new financial skills and be confident with controlling your finances

- Providing practical information on how to negotiate with creditors to obtain achievable payment arrangements
- Providing practical information on Debt Agreements and Bankruptcy, how it will affect you and what your options are

Money Assist is:

- a confidential service
- available for up to 6 sessions per annum
- (brochure available)

Call 1300 687 327

[convergeinternational.com.au](http://convergeinternational.com.au)

