



## Clergy psychological wellbeing

The St Mary's Centre has been coordinating a set of international studies on clergy psychological wellbeing. On 31 March Leslie J Francis shared the findings of this research at a clergy study day in Newfoundland.

At the invitation of Bishop Geoff Peddle, Leslie J Francis led a day seminar for the clergy of the Diocese of Eastern Newfoundland and Labrador on the promotion of work-related health. He emphasised the important role of positive affect (satisfaction in ministry) in offsetting the negative consequences of negative affect (emotional exhaustion). This model of work-related psychological health draws on Bradburn's classic notion of balanced affect. The strength of the model is that Professional Development activities can help clergy by maximizing positive affect to counterbalance the inescapable causes of stress and exhaustion met in ministry.