

## **10.0**

### **Well-Being of Church Personnel**

*Church personnel should be mindful of their own well-being, as well as the well-being of others.*

- 10.1** Church personnel shall be mindful of their own spiritual, physical, mental and emotional health, and supportive of those things that contribute to the well-being of other church personnel.
- 10.2** Church personnel should seek appropriate help when they become aware of warning signs of declining spiritual, physical, mental, or emotional well-being in themselves.
- 10.3** Church personnel should be attentive to their own spiritual needs, and seek opportunities to grow in the spiritual life.
- 10.4** Church personnel should strive to live a healthy and well-balanced life.
- 10.5** Church personnel should care for the well-being of each other.