

Pastoral Mental Health Wellness Checklist for Church Leadership

A. Culture & Attitude

- ☐ We check in on our pastor's emotional and spiritual health, not just performance.
- ☐ We talk about the importance of pastoral mental health without stigma.
- ☐ We affirm that it's okay for pastors to seek counseling or take mental health days when needed.

B. Time & Boundaries

- ☐ Our pastor gets at least one full day off per week without ministry interruptions.
- ☐ Vacation and sabbath rest are scheduled, protected, and encouraged.
- ☐ We provide pulpit supply or lay leadership coverage when the pastor is away.

C. Professional Support

- ☐ We will help cover the cost of counseling, coaching, or therapy if needed.
- ☐ The pastor knows about KBC's Counseling Fund.

D. Peer Connection

- ☐ We encourage and budget for the pastor to attend retreats, conferences, or peer groups.
- ☐ We encourage our pastor to connect with a mentor or peer network for encouragement and accountability.

E. Leadership Training

- ☐ Our leadership team should be alert to signs of stress, burnout, or depression.
- ☐ Leaders will be willing to step in to help reduce the pastor's load during high-stress seasons.

F. Crisis Response

- ☐ We need to discuss our plans for pastoral support during personal or family crises.
- ☐ We can connect with associational and denominational leaders for assistance when needed.