

B E N E F I T S

According to safeopedia.com, programs like the M.A.P provide support for several **life-impacting problems** involving **relationship discord in the workplace and at home, parenting defiant children, and excessive stress.**

The M.A.P offers a **“third-party service, which takes the burden of the employer and allows employees to access diverse resources far beyond what any one employer could reasonably offer”**

(<https://www.safeopedia.com/5-benefits-of-an-employee-assistance-program/2/6865>, retrieved 2/9/21).

Congregants, employees, and pastoral leadership who experience non-urgent but chronic or situational stress that impair and overburden emotional resources **experience greater risk for anxiety, depression, relationship distress, and addictive patterns of coping.**

The demand for assistance exists often beneath the radar but shows up in sub-par performance and participation.

COMMON PASTORAL STRESS RISKS	BENEFITS
<ul style="list-style-type: none">○ Giving & Receiving Criticism○ Managing Staff or Congregant Conflicts○ Unrealistic Expectations○ Feeling Inadequate○ Work- and Home-Role Stress○ Feeling Isolated, Detached○ Burnout/Stress Impairment○ Addictive Temptations○ Crisis & Traumatic Events	<ul style="list-style-type: none">➤ Create a culture of care and healthy workplace.➤ Extend benefits as perks for congregant and staff.➤ Boost morale, lower stress➤ Proprietary Intervention & Reconciliation Assistance Program➤ Referral resource for mental health counseling➤ Faith sensitive➤ Cutting-Edge Acute Crisis desensitization training