

Liberty University School of Divinity

**HEALTH AND WELLNESS FACTORS AFFECTING THE WHOLISTIC
LIFESTYLE OF NATIONAL AND INTERNATIONAL CHRISTIAN
MISSIONARIES**

A Thesis Project Submitted to
Liberty University School of Divinity
in partial fulfillment of the requirements
for the degree

DOCTOR OF MINISTRY

BY

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MISSIONARIES**

Thesis Project Approval Sheet

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“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”
John 14:26

ABSTRACT

HEALTH AND WELLNESS FACTORS AFFECTING THE WHOLISTIC LIFESTYLE OF NATIONAL AND INTERNATIONAL CHRISTIAN MISSIONARIES

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Liberty University School of Divinity, 2018

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This thesis will focus on the health and wellness of missionaries and will develop a wholistic framework for healthier living. This framework will be used as a guide to help sustain missionaries living in various cultural contexts by connecting and integrating the mind, body, and spirit in harmony for wholistic lifestyle. God intended for His people to live a healthy lifestyle and to take care of their temples. Missionaries are the backbone of cross-cultural evangelism, but they often find themselves living unhealthy lifestyles. These unhealthy lifestyles can have a negative impact on missionaries' overall health, wellness, and fruitfulness in serving on the mission field.

The goal of this thesis is to develop a framework to improve the quality of life and overall wellness of missionaries, so that they can continue to focus on sharing the gospel in a productive and healthy manner. This thesis will use questionnaires to collect data from various missionary populations around the world. In addition, various factors that can affect missionaries, health and wellness, such as social, emotional, nutritional, physical, mental, environmental, and spiritual health, are researched and evaluated. The quantitative data collection is extrapolated, compiled, and analyzed, and a wholistic framework is developed from this data. This thesis will be a model for Christians to develop healthy lifestyle principles and practices in ministry.

Word Count: 218 words

ABBREVIATIONS

IMB	International Mission Board
KJV	King James Version
MBTI	Myers Briggs Type Indicator
DISC	Dominance, Influence, Submissive, Compliant
NGOs	Nongovernmental Organizations
MMPI-2	Minnesota Multiphasic Personality Inventory
ADD	Attention Deficit Disorder
ADHD	Attention Deficit Hyperactivity Disorder
SWB	Spiritual Well-being
NICA	National Interfaith Coalition on Aging

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CHAPTER 1: INTRODUCTION

Statement of Problem

Missionaries are transcending the globe to bring the gospel of Jesus Christ to the four corners of the world. They work tirelessly and selflessly not only to share the gospel of Christ, but also to serve in numerous capacities on the mission field to help alleviate poverty and sickness and to assist with other humanitarian and human rights concerns.

This research project will examine the lifestyles of missionaries to determine why they may become ill or unproductive and eventually leave the mission field to return to their homeland. Burnout is common among fulltime missionaries and some short-term overseas field missionaries. Some missionaries must leave the field due to exhaustion and burnout.¹ This can lead to an array of health and wellness issues that may impede their ability to be fruitful in doing God's work. Flexibility and adaptability are key in serving cross-culturally, but how much more can missionaries stretch themselves without putting themselves at some disadvantage miles away from home, with limited to no medical care and other resources? Missionaries' health matters, as they are the very life of mission work (and missions depends on missionaries' ability to reach God's people).

Providing adequate care and support to long term field missionaries should be an essential part of their preparation, mobilization, and sustainability by mission boards, churches, and other missionary organizations that work with missionaries worldwide. Missionaries should also prepare themselves spiritually, physically, nutritionally, emotionally, and socially prior to mobilization in order to better sustain themselves while on the mission field.

¹Aroney-Sine. *Survival Of The Fittest: Keeping Yourself Healthy In Travel And Service Overseas* (Monrovia: MARC, 1999), 88.

This research project's goal is to assist missionaries cross-culturally in their quest to live a healthier, wholistic lifestyle as they bring the gospel to various people groups in their cultural contexts. This thesis project will focus on the health and lifestyle of field missionaries and develop a workbook as a framework that will guide them to live a more wholesome life away from their home base. This thesis project also aims to connect the mind, body, and soul in a harmonious manner that will bring about a more joyous and fulfilling experience serving cross-culturally.

Statement of Limitations

This thesis project will develop a workbook that will enable missionaries worldwide to utilize its many applications to better connect the mind, body, and spirit in a harmonious manner for a healthier way of living on the mission field. Missionaries living in North, South, or Central America, Papua New Guinea, Asia, Europe, Australia, and Africa will participate in this thesis research project. The research data from mission organizations, local churches, and mission support groups will be analyzed to get to the root cause of missionaries' unhealthy lifestyles. The research will look closely at missionaries' way of life cross-culturally, causes of high turnover, lack of resources, and ways to become self-sufficient (self-sustaining) spiritually, socially, physically, emotionally, and nutritionally while serving in cross-cultural contexts. Clearing customs.com list health problems as number four out of the top 25 reasons why missionaries leave the mission field.² The International Mission Board (IMB) lists unmet expectations and stressful missionary life as numbers one and three, respectively, of five challenges that cause missionaries to go home.³

² Craig Thompson. <https://clearingcustoms.net/2014/11/29/why-do-missionaries-leave-the-field-its-hard-to-say/>

³ Paul Akin. <https://www.imb.org/2017/05/25/number-one-reason-missionaries-go-home/>

The researcher will identify attrition rate and develop a step-by-step guide to implement better training, tools for healthier you and increase retention of missionaries. This research will further narrow the scope of study to develop a workbook to move missionaries towards a healthier living and preventative care for total well-being.

This research project will not focus on cultural diversity to address health and wellness, personality conflict, discuss traits of individuals and their temperament types or countries of origin. Rather this study will focus on the missionary and how the missionary can be the change agent for his/her health and well-being in diverse settings. Missions is vital for the Great Commission and so it is of utmost importance to provide better means to sustain the health and well-being of missionaries on the mission field.

Theological Basis

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”⁴ The soul flourishes when one’s health flourishes in maintaining physical, nutritional, social, emotional, and spiritual in harmony with one another. God intended for His people to live a healthy life glorifying the Father and to serve him. Third book of John chapter 1 gives one a thorough and clear understanding that God intends for his people to be wholesome from head-to-toe, to be good in Spirit, and inevitably this leads to the connection of mind, body and spirit. Wholesomeness in the body of Christ means one is better equipped (Ephesians 4:15-16) and able to be good witness for the Lord.⁵

⁴ 3 John 1:2. Unless otherwise noted, all biblical passages referenced are in the *King James Version*. (Nashville, TN: Thomas Nelson Publisher, 1994).

⁵ Acts 1:8

Neglecting to maintain proper nutrition, spiritual disciplines and overall well-being, can result in unhealthy Christian living. The Word of God reminds us that our body is God's temple.⁶ And that we must start the race strong and finish well to glorify God.⁷ An unhealthy body can lead to stunt spiritual growth and development in the body of Christ. Missionaries should better work towards a harmonious lifestyle that connects mind, body and spirit. This will help them to live a more wholistic lifestyle while serving long term to bring the gospel to the nation.

Statement of Methodology

A survey of missionaries in different regions around the world, with varying background and field work experience will be employed in this research project to further identify problems and develop a step by step guide to promote a wholistic framework for healthy lifestyle for missionaries. Data collected will be compiled and analyzed to determine the best wholestic approach based on biblical principles for healthy Christian living.

Chapter 1: **Introduction.** The first chapter is an introduction to the research on unhealthy lifestyle of missionaries on the mission field. This thesis project will then address the issues affecting missionaries and provide academic research that speaks the to many variables that cause missionaries to live unhealthy lifestyles while working for the Lord.

Chapter 2: **Factors That Affect Missionaries Health And Wellness.** The second chapter will focus on research results and will offer additional published work that speaks to this problem, which affects missionaries worldwide. The research will examine reasons why missionaries serve without a self-care plan to sustain themselves in body, mind, and spirit.

⁶ 1 Corinthians 6:19-20

⁷ 1 Corinthians 9:24-27

Survey Monkey and a quantitative questionnaire will be used to identify missionaries' sense of self on the mission field and formulate a plan of action for them to better see their identity in Christ and the importance of well-being.

Chapter 3: **Methodology.** The third chapter will explain the quantitative research data collection findings and statistical tools from the Qualtrics Survey on Christian missionaries' health concerns while serving on the mission field. The research will also look at how missionaries can better prepare for health issues while serving away from their home base.

Chapter 4: **Social, Emotional, Nutritional and Physical Wellness and You.** The fourth chapter will focus on a framework on social, emotional, nutritional, and physical wellness that will help missionaries prepare prior to mobilization on the mission field. "Social Wellness and You" addresses the social interaction and relationships of missionaries with others and develops solutions to address their concerns. This research paper will address ways to help missionaries stay in touch and thrive in diverse cultural context on the mission field. "Emotional Wellness and You" aims to assist the emotional health of missionaries and how to help them to become more effectual and happier in their calling. This chapter will look at ways to better alleviate poor emotional health and promote better health through work-life harmony, stress coping mechanisms, rest and resiliency. "Nutritional Wellness and You" focuses on pre-mission trip preparation and nutritional intake once on the ground.⁸ Physical Wellness and You looks at the rigor of serving without adequately preparing oneself physically. This research will look at breathing techniques, stress, flexibility, cardiovascular fitness, and strength building for the missionary on the go. Missionaries must have good health and strength to withstand the demands

⁸ Daniel 1:13-15

of the mission work to serve, and love the Lord with all thine heart, and with all thy soul, and with all thy might.⁹ Holiness requires that the physical body is nurtured.

Chapter 5: **Mental, Environmental and Spiritual Wellness and You.** This chapter will further develop a framework model to support mental, environmental and spiritual wellness of the missionary. Mental Wellness and You features psychological assessments and wellness steps for missionaries to work with pastoral counselors, the church, and member care agencies. Environmental Wellness and You provides pre-planning tools, pre-trip resources, and adaption techniques once missionaries are on the ground. Spiritual Wellness and You will focus on tools for spiritual disciplines. Chapter 5 will guide the missionaries to tools and resources for healthier psychological, environmental, and spiritual well-being so they can grow and develop into the leaders that God has called them to be.

Chapter 6: **Conclusion.** Connecting the mind, body, and spirit in harmony requires the social, emotional, nutritional, physical, environmental, and spiritual health and well-being of missionaries to grow wholistically in a harmonious way while serving the Lord on the mission field. This section will offer concluding information on a healthier lifestyle that connects mind, body and spirit. When a missionary is unhealthy, it is difficult for him/her to serve others to the fullest of his/her potential and to continue the work to build the kingdom of God. Therefore, this thesis project will serve as a model for other Christians and the local church to develop healthy lifestyle principles and practices for others serving in Christian ministries. This concluding section considers 1 Corinthians 12:26 in addressing the importance of the whole body of Christ being healthy enough to serve in different capacities. “And whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it.”

⁹ Deut. 6:5

Review of Literature

Books

This thesis project will focus on the common lifestyles of missionaries and attempt to uncover the causes of unhealthy lifestyles on the mission field. This thesis will also examine literature that gives a broad perspective on missionaries' lifestyles, healthy living, and care and counseling. Review of scholarly academic books, journal articles, and the Holy Bible will be utilized to address these concerns.

In *Survival of the Fittest: Keeping Yourself Healthy in Travel and Service Overseas*, Christine Aroney-Sine addresses common illnesses among missionaries working on the mission field and offers ways for missionaries to stay emotionally, physically, and spiritually healthy.

Fitness and Wellness by Werner Hoeger and Sharon Hoeger offers practical guidelines that help missionaries take charge of their health and develop a routine that helps them modify certain learned behavior and move to a level of adapting a healthier way of life while serving cross-culturally.¹⁰

In *Conformed to His Image*, Kenneth Boa discusses spiritual wellness as it relates to spiritual disciplines for godliness. This research project will review data to analyze missionaries' perspectives on spiritual discipline as it relates to faith, abstinence, engagement, and prayer.

Gary Thomas' book, *Every Body Matters*, examines how physical fitness impacts spiritual growth and hence physical wellness that leads to better health, renewed strength, and energy for the missionary to accomplish God's mission. The book provides insight into physical fitness as an instrument for strengthening body and soul, and not as an ornament for self-seeking or self-adoration.

¹⁰ Werner Hoeger and Sharon Hoeger. 2011. *The Truth About Exercise: Fitness and Wellness*. (Wadsworth: Cengage Learning), 2011.

Mission work requires missionaries to work in community settings to reach, teach, and share the love of Christ. Thus, it is important that communities exhibit “Body Life” principles in which their members show love and caring for one another. In other words, deep fellowship (*koinonia*) should be practiced at all times to celebrate Christ and one another. *Body Life* by Ray C. Stedman is a powerful book that will be employed in this research project to help missionaries work better in communities and to restore *koinonia*, which will lead to better support and communal help. For example, in Exodus 18 that Moses’ father-in-law (Jethro), explains to Moses the importance of allowing the community to help in doing the work to avoid burn out and health problems.¹¹

Peter Scazzero, author of the book *The Emotionally Healthy Leader*, seeks to help others transform their inner lives to become healthier and hence transform the world around them. The book will be used to assess the inner lives of the missionary and help them to live healthier. Research data on missionaries’ emotional health will be gathered by Qualtrics Survey and used to better understand and develop an emotional healthy framework.¹²

Field missionaries are mobilized to share the Good News of the gospel to all nations, but oftentimes, the excitement and lack of preparedness before mobilizing can stall their fruitfulness once on the ground. Matt Pearman’s book on *What’s Best Next* will afford this research paper the opportunity to look closer at productivity as it relates directly to the health and wellness of the missionary. This book addresses practical real-life solutions on how to become more productive and efficient on the mission field and while maintaining one’s well-being.¹³

¹¹ Ray C. Stedman. *Body Life: The Book That Inspired a Return to the Church’s Real Meaning and Mission*. (Grand Rapids, MI: Discovery House), 1972.

¹² Peter Scazzero. *The Emotionally Healthy Leader: How transforming Your Inner Life Will Deeply Transform Your Church, Team and the World*. (Grand Rapids, MI: Zondervan, 2015).

¹³ Matt Pearman. *What’s Best Next: How The Gospel Transforms The Way You Get Things*

Moreau, Corwin, and McGee's book on *Introducing World Missions* will look at missionary preparedness, cross-cultural problems, and strategic, personal and family issues that compound the myriad of concerns that missionaries face before landing on the mission field.¹⁴ This research paper will address these issues using quantitative data analysis to develop a wholistic lifestyle preparedness workbook for missionaries. John McVay's book, *Ask a Missionary: Time-Tested Answers From Those Who've Been There Before*, contains research on over one hundred missionaries around the world and shares their experiences from preparation to landing and serving on the mission field. McVay's book will provide valuable insights on the mobilization, deployment, and lifestyle of field missionaries.¹⁵ This book will help with the development of the wholistic framework on healthier living for missionaries.

Nutrition Health and Disease: A Life Span Approach by Langley-Evans addresses clinical nutrition and public health from a dietary standpoint. Nutrition and diet affect health and well-being, and poor nutrition can lead to disease. Chapter 8 of this book on 'adult years' will help inform this research project's model for basic nutrition that missionaries need for better physical wellness.¹⁶

Bragg Healthy Lifestyle: Vital Living by Paul and Patricia Bragg gives valuable information on healthy living through better eating. This book will assist this research project in developing a simple and easy-to-use guide to help missionaries who often do not have adequate

Done. (Grand Rapids, MI: Zondervan, 2013).

¹⁴ A. Scott Moreau, Gary R. Corwin and Gary B. McGee. *Introducing World Missions: A Biblical Historical and Practical Survey*. (Grand Rapids, MI: Baker Academics, 2004).

¹⁵ John McVay. *Ask a Missionary: Time-Tested Answers From Those Who've Been There Before*: (Authentic Publisher, 2010).

¹⁶ S. C. Langley-Evans, 2015. *Nutrition Health and Disease: A Life Span Approach*. (Chichester, West Sussex, UK: Wiley-Blackwell, 2015), 219.

time to prepare meals or even eat meals, obtain the essential nutrients to support health and wellness. The book deals with work-life balance and will also aid in the research on living a harmonious lifestyle with the tools that are present while serving in different community settings.¹⁷

Ways of Living: Work, Community and Lifestyle Choice by Blyton, Blunsdon, Reed and Dastmalchian is a great book on the societal influences on ways of living that will be valuable in analyzing and identifying social problems that affect missionaries' lifestyles while serving cross-culturally.¹⁸

The Popular Encyclopedia of Christian Counseling by Tim Clinton and Ron Hawkins looks at practical counseling methods to assist counselees and help them regain their wholeness and spiritual growth in the body of Christ.¹⁹

Donald Whitney's book, *Spiritual Disciplines for The Christian Life*, outlines ways missionaries can incorporate spiritual disciplines into their everyday lives while working in the field.²⁰ *Crisis Counseling* offers great ways to help missionaries better care for themselves and provides practical tools to for guidance with the assistance of their pastor or a counselor.²¹

¹⁷ Paul Bragg and Patricia Bragg, *Bragg Healthy Lifestyle: Vital Living to 120, 35th Edition* (Santa Ana, CA: Health Science, 2004), 38-43, 46, 61.

¹⁸ Paul Blyton et al., *Ways of Living: Work, Community and Lifestyle Choice* (Hampshire, UK: Palgrave Macmillan, 2009).

¹⁹ Tim Clinton and Ron Hawkins. *The Popular Encyclopedia of Christian Counseling: An Indispensable Tool for Helping People with Their Problems*: (Eugene, Oregon: Harvest House Publishers, 2011).

²⁰ Donald S. Whitney. *Spiritual Disciplines For The Christian Life*: (Colorado Springs, CO: NavPress Publications, 1991).

²¹ Scott Floyd. *Crisis Counseling: A Guide For Pastors And Professionals* (Grand Rapids, MI: Kregel Publications, 2008).

H. Norman Wright's book, *The Complete Guide To Crisis and Trauma Counseling: What To Do And Say When It matters Most!*, offers biblical and practical step-by-step guide to help counselee in crisis cope and overcome traumatic situations.²²

Henry, Figueroa, Miller et al. compiled *The Christian Therapist's Notebook* to assist counselors with myriad of scenarios and programs to better treat counselees. The book employs easy to follow homework assignments and user-friendly techniques for counselees to do at home and during counseling sessions.²³

In *Competent to Counsel*, Jay Adams discusses the Holy Spirit working through individuals to change their behavior patterns by employing biblically sound principles so that they can overcome problems.²⁴

For Such A Time As This by Howard L. Foltz and Ruth Ford looks at God's purpose and plan in mission and highlights the importance of missionaries aligning self with God's strategic plan. Foltz then discusses the power of the Anointing in global missions and the importance of emphasizing this in Western churches.²⁵

A Mission Journey by Disciple Resource Publication developed a handbook for volunteers on short term missions, but it includes some very important discussions that can be beneficial to long term global missionaries as well. The handbook explains that it is essential to

²² H. Norman Wright. *The Complete Guide To Crisis and Trauma Counseling: What To Do And Say When It Matters Most!* (Grand Rapids, MI: Bethany House Publishers, 2011).

²³ Philip J. Henry et al., *The Christian Therapist's Notebook: Homework, Handouts, and Activities for Use in Christian Counseling*: (Milton Park, Abingdon: Taylor and Francis Group, 2007).

²⁴ Jay E. Adams. *Competent to Counsel: Introduction to Nouthetic Counseling*. (Grand Rapids, MI: Zondervan, 1986).

²⁵ Howard L. Foltz. *For Such A Time As This: Strategic Missions Power Shifts For 21st Century* (Pasadena, CA 2000).

plan and prepare well, to be spiritually centered by incorporating spiritual disciplines in one's life, and to be intentional about the work of the Lord.²⁶

Thorsten Prill's book, *Contemporary Issues In Mission*, gives the reader an idea of what missionaries need to know prior to and during their work on the mission field. Prill also looks at issues mission organizations, churches, and missionaries might face if they are not willing to work alongside each other for the common goal of spreading the Good News.²⁷

Christine Aroney-Sine's book on *Survival Of The Fittest* looks at ways one can better prepare oneself for a serving overseas. Her book gives practical ideas on missional preparation, from a visit from a doctor prior to departure to maintaining good emotional and spiritual health.²⁸

Journal Articles

The *Journal of Psychology and Theology* features an article called "Missionary Perspectives on the Effectiveness of Current Member Care Practices," which examines missionary self-care and consistency of care across the missionary life-cycle. The article highlights the history, current status of missionary care, missionary perspective on member care and data to help identify problem, solutions and recommendations for agencies, churches and other mission groups to better prepare and respond to the needs of missionaries.²⁹

²⁶ Douglas Ruffle. *A Mission Journey: A Handbook for Volunteers*: (Nashville, TN: Discipleship Resources, 2013).

²⁷ Thorsten Prill. *Contemporary Issues In Mission: What Christians Need To Know*: (Norderstedt, Germany, Open Publishing GmbH, 2015).

²⁸ Christine Aroney-Sine. *Survival Of The Fittest: Keeping Yourself Healthy In Travel And Service Overseas*: (MARC, Monrovia, California, Revised Edition, 1999).

²⁹ Claire A. Camp, Joy M. Bustrum, David W. Brokaw, and Christopher J. Adams. *Missionary Perspective On The Effectiveness Of Current Member Care Practices*. *Journal of Psychology and Theology*, 359: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

The *Journal of Psychology and Theology*'s article on "Mental Health of Cross-Cultural Healthcare Missionaries" looks at depression and anxiety among male and female career healthcare missionaries from the United States that serve cross-culturally. The author finds that depression and moodiness are key factors impacting the missionaries' job performance. Moreover, the author claims that those working cross-culturally will likely experience social isolation, repatriation, and cultural problems. The article enables this thesis research to further develop a model that will assist missionaries in lessening or overcoming some of these health disparities while serving on the mission field.³⁰

Biblical Foundation

God created mankind in his image and likeness,³¹ so emotional, social, nutritional, physical, mental, environmental and spiritual health wellness must be met to be fruitful. The Bible guides one as to the importance of taking care of the body in doing the work of the Lord. The body is belongs to God, it was made for His purpose, the body houses the Spirit and the body is design to do His will and purpose. "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore, glorify God in your body, and in your spirit, which are God's."³² Scripture is clear about taking care of our bodies and not destroying them—but also that one must take care of it to do God's work. "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."³³

³⁰ Mental Health of Cross-Cultural Missionaries. *Journal of Psychology and Theology*, Winter 2015, Volume 43, Issue 4.

³¹ Genesis 1: 26-27

³² 1 Corinthians 6:19-20

³³ 1 Corinthians 3:17

“Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So, he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.”³⁴

This scripture lays out relevant information for missionaries about proper nutrition to sustain the self on the mission field and through life. Christ expects his children to discipline ourselves for the purpose of godliness through worship, prayer, serving, Bible study, evangelism, fasting, journaling, silence, and solitude. “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”³⁵

Ephesians 4:16 talks about the whole body being vital and fit in Christ Jesus. According to this verse, the whole body is joined and held together by every joint with which it is equipped, and when each part is working properly, makes the body grow so that it builds itself up in love. Doing just to one's health and wellbeing is vital to the sustenance and preservation on the mission field.” For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church.”³⁶

In the Book of John, John the evangelist prays for good health and preservation of one's soul. He exclaims, “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”³⁷

³⁴ Daniel 1:13-15

³⁵ Romans 12:1-2

³⁶ Ephesians 5:29

³⁷ 3 John 1:2

“For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.”³⁸ So, it is of utmost importance that while on the mission field, missionaries are mentored and their spiritual needs are met so they can continue the work of the Lord.

God never intended for his people to live a life of sickness and hurt. He intended for his people to live an abundant life. Jeremiah 33:6 states, “Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.”³⁹

Deuteronomy 6:5 reminds us to love God with our heart, soul and might. In loving God, humans are called to take care of this precious being that he created in His image and likeness.⁴⁰ This thesis project will examine the creation of mankind and correlate it with God’s expectations of us unto his lordship.

This thesis project will also look at Philippians 1:20 to justify the need for missionaries to pursue physical holiness for strength in body and Spirit, honoring Christ to carry out his mission. “According to my earnest expectation and my hope, that in nothing I shall be ashamed, but that with all boldness, as always, so now also Christ shall be magnified in my body, whether it be by life, or by death.”⁴¹

Isaiah 58:11 speaks on the importance of spiritual life and the knowledge that God will strengthen and heal missionaries during those difficult days that can sometimes weaken the

³⁸ 1 Corinthians 12:13

³⁹ Jeremiah 33:6

⁴⁰ Deuteronomy 6:5

⁴¹ Philippians 1:20

mind, soul, and body and put one in a vulnerable place to potentially give up or leave the mission field altogether.

In order for missionaries to stay healthy, it is important that they are in the Word of God consistently so that they can be fed and refueled. Proverbs 4:20-22 makes it clear that scripture is the very life of the Christian. “My son attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.”⁴²

In 1 Corinthians 12:26, the whole body of Christ must work together to make the individual members healthy. Missionaries will need mentors and community support from their homebased organizations as well as those on the ground in order to be effective in carrying out the gospel message. This thesis project will address the wide scope of support available to missionaries and how they can receive such support.

The Bible is clear on the necessity of the spiritual discipline of prayer for developing a deeper relationship with God. “The eyes of your understanding being enlightened (flooded with light by the Holy Spirit); that ye may know what is the hope (the divine guarantee, the confident expectation) of his calling, and what the riches of the glory of his inheritance in the saints (God’s people).”⁴³

Philippians 4: 6-7 says, “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”⁴⁴

⁴² Proverbs 4:20-22

⁴³ Ephesians 1: 18

⁴⁴ Philippians 4: 6-7

This scripture passage will be used in this project's discussion of the emotional wellness of the missionary should cast our cares on the Lord and put our trust in him, for he alone can give us calmness and tranquility under any circumstances. When mankind put their trust in God, he will meet all their needs.

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.”⁴⁵ The fruit of the Spirit is required for a missionary's spiritual wellness and enable him or her to live a harmonious lifestyle regardless of the trials and tribulation they face serving others cross culturally.

Proverbs 17:22 states, “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”⁴⁶ When the heart is healthy, the body is healthy and hence the overall wellbeing of the missionary is good.

⁴⁵ Galatians 5:22-23

⁴⁶ Proverbs 17:22

CHAPTER 2

FACTORS THAT AFFECT MISSIONARIES HEALTH AND WELLNESS

A wellness model for missionaries is necessary to integrate aspects of emotional, social, nutritional, physical, mental, environmental, and spiritual health for a healthier missional lifestyle. Wellness refers to a health status of abundance, where persons or settings are not only free from dysfunction but also are maximizing healthy functioning across all important domains.⁴⁷ Serving on the mission field is rewarding but also challenging.⁴⁸ Missionaries are stretched physically, mentally, spiritually and emotionally.⁴⁹ The model should give sending agencies a framework to develop their own individualized construct for missionaries in ethnographic field work. This wellness model integrates mind, body, and spirit and supports missionaries in a preventative approach their wholistic care.

Effective member care decreases missionary attrition rates and improves the quality of life for missionaries.⁵⁰ Claire A. Camp et al. state, “As mission agencies have become more attuned to the psychological and emotional support that is necessary for active field missionaries, several barriers have made the provision of these services a challenge, including the financial

⁴⁷ Robert K. Conyne. *Counseling For Wellness and Prevention: Helping People Become Empowered in Systems and Settings* Third Edition. 2015. New York, NY. 7.

⁴⁸ Moreau et al., *Introducing World Missions: A Biblical Historical and Practical Survey* (Grand Rapids: Baker Academic, 2004), 23.

⁴⁹ Calvin Buhler. *Missionary Fitness. Prepare Your Body And Spirit For Service.* (Salt Lake City: SoL Health Communications, 2010), 5.

⁵⁰ Camp et al., *Missionary Perspective On The Effectiveness Of Current Member Care Practices.* *Journal of Psychology and Theology*, 359: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

limitations of sending agencies, the geographical diversity of mission field setting, and the growing cultural diversity of the missionaries themselves.”⁵¹ A healthy missionary is better instrument in the Lord’s hands.⁵² According to Christine Aroney-Sine, author of *Survival Of The Fittest*, the constant changes and readjustments to new diets, new cultures, new languages, and new environments puts missionaries in the high-stress risk zone. Physical danger, isolation, and separation from friends and familiar environments also contribute to high stress.⁵³

Much has been written about the unique stressors that missionaries experience.⁵⁴ On the Holmes/Rahe stress scale, the average cross-cultural worker has approximately six hundred points of stress per year as compared to three hundred points of stress that is considered a danger zone for physical illness.⁵⁵ Stressors include culture shock, language study, burnout, feelings of discouragement, loneliness, and depression.⁵⁶ Assimilation can be difficult for cross-cultural missionaries, and learning new language and culture and adapting to new life can compound

⁵¹ Camp et al., *Missionary Perspective On The Effectiveness Of Current Member Care Practices*. *Journal of Psychology and Theology*, 359: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

⁵² Buhler. *Missionary Fitness*. Prepare Your Body And Spirit For Service. (Salt Lake City: SoL Health Communications, 2010).

⁵³ Aroney-Sine. *Survival Of The Fittest: Keeping Yourself Healthy In Travel And Service Overseas*: (MARC, Monrovia, California, Revised Edition, 1999), 85.

⁵⁴ Camp et al., *Missionary Perspective On The Effectiveness Of Current Member Care Practices*. *Journal of Psychology and Theology*, 359: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

⁵⁵ Joan Carter. *Missionary Stressors and Implications For Care*. *Journal of Psychology and Theology*, (Summer 1999), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/223673621?pq-origsite=summon&accountid=12085>

⁵⁶ Joanne Schwandt and Glendon Moriarty. *What Have The Past 25 Years Of Member Care Research Taught Us? An Overview of Missionary Mental Health and Member Care Services*: American Society of Missiology. *An International Review*. (July 2008), accessed May 27, 2018. <http://journals.sagepub.com.ezproxy.liberty.edu/doi/abs/10.1177/009182960803600304>.

personal, family, and relational issues.⁵⁷ The unique services provided in caring for missionaries as they face various types of stressors are known as member care.⁵⁸ Member care services will be discussed in a later chapter to further explore ways to support missionaries cross-culturally. Member care is the ongoing investment of resources by mission agencies, churches, and other mission organizations for the nurture and development of missionary personnel. It focuses on everyone in missions (missionaries, support staff, children, and families) and does so over the course of the missionary life cycle, from recruitment through retirement.⁵⁹ There are many factors that can affect missionaries' health and well-being while working cross-culturally in the mission field. This chapter focuses on seven fundamental factors that can connect mind, body, and spirit to improve missionaries' overall wellness. These factors are psychological wellness, emotional wellness, social wellness, nutritional wellness, physical wellness, environmental wellness, and spiritual wellness.

A tired, sick, or injured missionary is not as effective at spreading the gospel as a healthy one.⁶⁰ When the whole person is not healthy in any one of these areas, the functioning of the body can be compromised. 1 Corinthians 6:19-20 states, "Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were brought with a price. So, glorify God in your body."⁶¹ Health problems is one of the top

⁵⁷ Moreau, Corwin, and McGee. *Introducing World Missions: A Biblical Historical and Practical Survey* (Grand Rapids: Baker Academic, 2004), 203.

⁵⁸ Camp et al., *Missionary Perspective On The Effectiveness Of Current Member Care Practices*. *Journal of Psychology and Theology*: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

⁵⁹ *Ibid.*

⁶⁰ Buhler. *Missionary Fitness. Prepare Your Body And Spirit For Service*. (Salt Lake City: SoL Health Communications, 2010). 7.

⁶¹ Unless otherwise noted, all biblical passages referenced are in the *English Standard Version* (Wheaton, IL: Crossway, 2008).

four reasons why North American missionaries leave the mission field.⁶² Missionaries' work requires long days and pouring a great deal of time and energy into others, but often with little to no replenishment in return.

Emotional and Social Wellness

Although missionaries throughout history have experienced pronounced emotional and psychological issues, the field of member care has been slow to develop; this is due in part to the underlying Judeo-Christian belief in the value of sacrifice and sole reliance on God for provision of all needs.⁶³ The foci of member care services is addressing issues related to psychological health and well-being.⁶⁴ Emotional and social wellness are vital to missionaries' health and well-being as these forms of wellness sustain them while working on the mission field. Emotional and social wellness should be a continued part of member care throughout their service and should positively impact missionaries both publicly and privately. However, there is currently a decline in their emotional and social wellbeing that this thesis project aims to address as it also sheds light on the importance of their wholistic wellbeing in carrying out God's work. There are also cultural norms that impacts both male and female missionaries, but they tend to impact women to a much greater extent.⁶⁵

⁶² William D. Taylor. Revisiting a Proactive Theme: The Attrition of Longer-Term Missionaries: (January 2002), accessed May 27, 2018, <https://doi-org.ezproxy.liberty.edu/10.1177/009182960203000105>.

⁶³ Camp, Bustrum, Brokaw and Adams. *Missionary Perspective On The Effectiveness Of Current Member Care Practices*. *Journal of Psychology and Theology*: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

⁶⁴ Ibid.

⁶⁵ Gulen Cevik. *American Missionaries and the Harem: Cultural Exchanges Behind The Scenes*. *Journal of American Studies*: (August 2011), accessed April 4, 2018, DOI:10.1017/S0021875811000065.

According to Keckler, Moriarty, and Blagen, some factors that affect missionaries' wellness are spiritual, social, emotional, physical, occupational, and intellectual wellness.⁶⁶ Financial concerns can lead to unhealthy social outcomes. Economic freedom can positively affect people's day-to-day emotional states and ultimately lead to higher levels of life satisfaction: socio-economic outcomes and procedural utility.⁶⁷ It is vital that missionaries have harmony between ministry and their self-care early in the mobilization process to cope with the ups and downs of missionary life. In other words, missionaries will need to develop a symphonic approach to their well-being that will benefit them in the long run in their ministry calling cross-culturally.

Some of the factors that increase the likelihood of emotional difficulties among missionaries may be divided into two broad categories: internal and external. Internal factors are things that make up the individual's personality, and external factors are things in the individual's environment.⁶⁸ It is important that sending agencies have the missionary's needs on the forefront of their minds and that they possess the tools to assist or connect to mission outsourcing organizations that are well equipped to support missionaries. There are resources and pastoral counseling available to assist missionaries with preventative and crisis intervention. Oftentimes, these services are not readily available, or missionaries are not aware of them. In *The*

⁶⁶ Wade T. Keckler, Glen Moriarty, and Mark Blagen. *A Qualitative Study On Comprehensive Missionary Wellness*. *Journal of Psychology and Christianity*: (Fall 2018), 205-214, accessed April 5, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/237251087?pq-origsite=summon&accountid=12085>.

⁶⁷ Boris Nikolaev and Daniel L. Bennett. *Economic Freedom and Emotional Well-Being*. *Journal of Regional Analysis and Policy*: (2017), accessed April 5, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1941706031?pq-origsite=summon&accountid=12085>.

⁶⁸ Kelly O'Donnell. *The Missional Heart of Member Care*. *International Bulletin of Missionary Research*, (April 2015), accessed April 5, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1673345326?pq-origsite=summon&accountid=12085>.

Christian Therapist's Notebook, Henry, Figueroa, and Miller state, “In counseling, timing plays a key role. It determines which therapeutic interventions or techniques will be effective toward progress. It is often not a question of which technique to use, but rather whether it is the right time to utilize it.”⁶⁹ It is important to help missionaries tap into available resources and more effectively utilize ministerial services to address their social and emotional needs.

Gender is another factor that contributes to added stress and may lead to health concerns, primarily for women. The mission field is predominantly female, and they often face religious and cultural barriers. Women comprise about two-thirds of their mission force.⁷⁰ The relationship of single women in mission contexts are complex. Their singleness affects the role perceptions and expectations of both their expatriate and their national colleagues.⁷¹ Single missionaries must deal with loneliness,⁷² and they need special care to ensure that their relational needs are being met.⁷³ This may affect their emotional and social wellness working in the field as well. Current research on the emotional and social wellness of single missionaries is limited. Considering that some North American churches do not accept women in various leadership roles, women may encounter an even greater problem serving overseas as ministers of the gospel—a gender problem that can have many unhealthy consequences for women.⁷⁴ Role

⁶⁹ Henry et al., *The Christian Therapist's Notebook: Homework, Handouts, and Activities for Use in Christian Counseling*: Milton Park, Abingdon: Taylor and Francis Group, 2007), 7.

⁷⁰ Tom A. Steffen and Lois McKinney Douglas. *Encountering Missionary Life and Work: Preparing For Intercultural Ministry* (Grand Rapids: Baker Academic, 2008), 262.

⁷¹ *Ibid.*, 269.

⁷² Moreau, Corwin, and McGee. *Introducing World Missions: A Biblical Historical and Practical Survey* (Grand Rapids: Baker Academic, 2004), 214.

⁷³ *Ibid.*

⁷⁴ Steffen and Lois McKinney Douglas. *Encountering Missionary Life and Work: Preparing For Intercultural Ministry* (Grand Rapids: Baker Academic, 2008), 258.

expectations for women in their ministries, marriages, or single lives are so deeply enmeshed in our sending cultures, churches, and agencies that people often take them along with them on overseas assignments. They are acted out among field teams, in ministry outreach, and in adaptations to the broader culture.⁷⁵

Stressors of the work will often set in and become overwhelming for many who work day in and day out with little to no support. In their book on *Encountering Missionary Life and Work*, Steffen and Douglas state, “Ministering and caring for a family in the midst of a difficult climate and the stresses of culture left many of them drained physically and emotionally.”⁷⁶ Others confront stressors related to their job, including managing the demands of the mission organization, dealing with potentially dysfunctional team and leadership dynamics, facing burnout, and balancing the demands of family life and mission work.⁷⁷ Furthermore, it is not uncommon for missionaries to experience unique stressors related to their marriage and children.⁷⁸ Some missionaries must leave the field due to exhaustion and burnout.⁷⁹ Stress can in turn lead to other underlying problems that result in unhealthy living and will be discussed later in this chapter.

⁷⁵ Ibid.

⁷⁶ Steffen and Lois McKinney Douglas. *Encountering Missionary Life and Work: Preparing For Intercultural Ministry* (Grand Rapids: Baker Academic, 2008), 256.

⁷⁷ Camp, Bustrum, Brokaw and Adams. Missionary Perspective On The Effectiveness Of Current Member Care Practices. *Journal of Psychology and Theology*: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

⁷⁸ Ibid.

⁷⁹ Aroney-Sine. *Survival Of The Fittest: Keeping Yourself Healthy In Travel And Service Overseas* (Monrovia: MARC, 1999), 88.

Societal factors can also affect missionaries' health and well-being on the mission field.⁸⁰ These factors include isolation, little time for family life, a reduction in social activities, and the dynamics of building relationships in the work environment. Studies show that overall health suffers when emotional and social needs are not met.⁸¹ Social relationships affect a range of health outcomes, including mental health, physical health, health habits, and mortality risk.⁸² In *BodyLife*, Ray Stedman states, "What is terribly missing in all too many churches is the experience of "body life" – that warm fellowship of Christian with Christian which the New Testament called koinonia, and which was an essential part of the early Christianity."⁸³ Koinonia calls for honesty and openness with other Christians along with a mutual recognition that it is neither abnormal nor unspiritual to have burdens and problems in the Christian life.⁸⁴ Working cross-culturally away from their homeland, with language barriers and, in many cases, gender concerns, can greatly impact missionaries' relationships and thus social well-being.⁸⁵

Missionaries need to first acknowledge that they are experiencing social and emotional problems with their contact ministry, and ministries must be receptive and proactive in helping them. Openness and support for missionaries about emotional and social concerns will bring about positive outcome for them. As James 5:16 states, "Therefore, confess your sins to each

⁸⁰ Debra Umberson and Jennifer Karas Montez. *Social Relationships and Health: A Flashpoint for Health Policy*. *Journal of Health and Social Behavior*: (2010), accessed May 30, 2018, DOI: 10.1177.0022146510383501.

⁸¹ Ibid.

⁸² Ibid.

⁸³ Stedman. *BodyLife: The Book that Inspired a Return to the Church's Real Meaning and Mission* (Grand Rapids: Discovery House, 1972), 147.

⁸⁴ Ibid., 152.

⁸⁵ Camp, Bustrum, Brokaw and Adams. *Missionary Perspective On The Effectiveness Of Current Member Care Practices*. *Journal of Psychology and Theology*: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” Collectively, sending agencies, churches, ministers, counselors and missionaries must work as one unit in the body of Christ to combat the social and emotional concerns and bring healing and restoration to missionary.

Nutritional and Physical Wellness

Some missionaries often find that their new experiences of working cross-culturally come with new nutritional diet, new cultural norms, and little to no time for proper physical workouts. Nutritional status is the state of a person’s health in relation to the nutrients within their diet and subsequently within their body.⁸⁶ Good nutrition and physical wellness are essential for all human beings, and as such, missionaries can benefit from a planned nutrition program prior to their mobilization. According to Calvin Buhler in his book, *Missionary Fitness*, there is often limited information on exercise for missionaries, and this circumstance makes it difficult for them to know how to prepare and integrate proper nutrition and exercise into the missionary lifestyle. Nutritional status describes the state of a person’s health in relation to the nutrients in their diet and subsequently within their body.⁸⁷ Poor nutritional status is generally associated with intakes that are insufficient to meet requirements.⁸⁸ The human body has roughly 640 muscles, and all these muscles must be used! If they are not used, they then start to lose their tone, strength, and flexibility!⁸⁹ Poor nutrition and physical condition can lead to improper functioning of the body. God gave people souls – and bodies to go with them. In his book *Every Body*

⁸⁶ Langley-Evans. *Nutrition Health and Disease: A Life Span Approach 2*, (January 2015), accessed May 30, 2018, <https://doi-org.ezproxy.liberty.edu/10.1111/jhn.12212>.

⁸⁷ Ibid.

⁸⁸ Ibid.

⁸⁹ Bragg and Bragg. *Bragg Healthy Lifestyle: Vital Living to 120* (Santa Ana: Health Science, 2004), 79.

Matters, Gary Thomas asserts that to be fully alive, fully human, and fully the people God created us to be, we must care for our bodies, discipline them, and make them our servants in our service to God.⁹⁰ Missionaries must prepare nutritious meals and develop workout resources in advance of their missionary work, and they must also research the cultural expectations to integrate nutrition and exercise prior to deployment. A study on workplace physical activity and nutrition shows that men tend to exercise less and eat poorer than women.⁹¹

Healthy dietary habits can positively influence one's success as a missionary.⁹² Poor nutrition, insufficient sleep, and inactivity can cause you to have a lack of energy.⁹³ Water holds all nutritive factors in solution, flushes all toxins and body wastes, and acts as the body's main transportation medium for nutrients and detoxifies the body.⁹⁴ Water comprises about sixty to seventy percent of body weight.⁹⁵ It is also necessary for drinking, meal preparation, and healthy living. In *Nutrition Health and Disease*, Langley-Evans mentions that a balanced diet is one that provides neither too much nor too little nutrients or other components of food that the body need to function properly⁹⁶: "Nutrient deficiency arises when the supply of a nutrient through food intake is compromised to the extent that clinical or metabolic symptoms appear."⁹⁷

⁹⁰ Gary Thomas. *Every Body Matters: Strengthening Your Body To Strengthen Your Soul* (Grand Rapids: Zondervan, 2011), 29.

⁹¹ Cristina M. Caperchione et al., *The PowerPlay Workplace: Physical Activity and Nutrition Intervention For Men: Study Protocol and Baseline Characteristics*. Contemporary Clinical Trials. (2015), 42-27.

⁹² Buhler. *Missionary Fitness: Prepare Your Body And Spirit For Service*. (Salt Lake City: SoL Health Communications. 2010), 71.

⁹³ *Ibid.*, 167.

⁹⁴ Bragg and Bragg. *Bragg Healthy Lifestyle: Vital Living to 120* (Santa Ana: Health Science, 2004), 118.

⁹⁵ Chintapalli Vidya. *A Text Book Of Nutrition*: Discovery Publishing (2006), 150.

⁹⁶ Langley-Evans. *Nutrition Health and Disease: A Life Span Approach 2*, (January 2015), accessed May 30, 2018, <https://doi-org.ezproxy.liberty.edu/10.1111/jhn.12212>.

⁹⁷ *Ibid.*, 6.

Missionaries should focus on proper nutrition before and during their time away from their home base. “Individuals respond metabolically to nutritional variation in different ways, and this variation will depend upon often poorly understood genetic factors, early life programming influences, and lifestyle factors.”⁹⁸ *Nutrition Health and Disease* emphasize the importance of varying one’s diet to include carbohydrates, fruits, vegetables, fish, and a low intake of fats and sugars. Langley-Evans states that meals should be well-spaced throughout the day, and breakfast should be an essential meal of the day. Alligood supports the idea of eating breakfast on a regular basis, and her research shows that breakfast eaters are more likely to consume all of the necessary food groups as outlined by the US Dietary Guidelines for Americans.⁹⁹ All beans, for example are good sources of protein and magnesium and are important for a healthy heart—and a good form of “health insurance.”¹⁰⁰

Good nutrition for missionaries contributes to the larger picture of their well-being and their ability to perform their work and share the love of Christ in global communities.¹⁰¹ Many western countries have standard food intake guidelines (Eatwell Model in United Kingdom and Food Pyramid in United States) that can be used as guides for sending agencies and/or missionaries to develop creative and healthy food options prior to cross-cultural deployment. Within the Eatwell Model, there are fruits, vegetables, breads, cereal, potatoes, milk and dairy,

⁹⁸ Ibid., 220

⁹⁹ Sarah Alligood. Bringing Breakfast Back: Encouraging Better Health Through The Morning Meal. *Journal Of Nutrition Education And Behavior*: (August 2009), accessed May 30, 2008, S14. <https://doi.org/10.1016/j.jneb.2009.03.085>.

¹⁰⁰ Bragg and Bragg. *Bragg Healthy Lifestyle: Vital Living to 120*: (Santa Ana: Health Science, 2004), 119.

¹⁰¹ Ibid.

meat, fish, and foods containing fat and sugar.¹⁰² This model suggests that two-thirds of all food intake should come from breads, cereals and potatoes, and fruits and vegetables.¹⁰³ The Food Pyramid places fruits and vegetables in their own food group, followed by the breads, cereals, pastas and rice in the remaining groups.¹⁰⁴ These standard food guidelines are two of many that are available and can be incorporated in missionaries' diets for more balanced and healthy meals. Paul and Patricia Bragg's book, *Bragg Healthy Lifestyle*, explains that all disease conditions are effects of enervation.¹⁰⁵ The Braggs' define enervation as poor diet and unhealthy lifestyle.¹⁰⁶ Their work looks at individuals having vital force that comes from vital nutrients and to get the vital force one must eat nutrient rich natural foods.¹⁰⁷ The Bragg's further explain that poor nutrient is due to the lack of vital nutrients in the food. Therefore, missionaries cannot eat healthy or be health if the food lacks vital nutrients needed for a healthy lifestyle.

When nutritional intake is poor or lack the required nutrients, missionaries are prone to the buildup of impurities in the body, which can cause stress, headache, lethargy, and a host of other health issues.¹⁰⁸ According to the Braggs, "Our bodies cannot efficiently eliminate the accumulating toxic wastes when our vital force is sluggish."¹⁰⁹ The key to better nutrition is to

¹⁰² Langley-Evans. *Nutrition Health and Disease: A Life Span Approach* (January 2015), accessed May 2, 2018, <https://doi-org.ezproxy.liberty.edu/10.1111/jhn.12212>.

¹⁰³ Ibid.

¹⁰⁴ Ibid.

¹⁰⁵ Bragg and Bragg. *Bragg Healthy Lifestyle: Vital Living to 120*: (Santa Ana: Health Science, 2004), 4.

¹⁰⁶ Ibid.

¹⁰⁷ Ibid.

¹⁰⁸ Bragg and Bragg. *Bragg Healthy Lifestyle: Vital Living to 120*: (Santa Ana: Health Science, 2004), 4.

¹⁰⁹ Ibid.

improve the overall vital force, which will in turn improve one's overall nutrition health and hence wellness.¹¹⁰ When one eats only foods that are in a high vibration, his or her body performs and operates by God's Universal Law.¹¹¹ "It becomes a self-starting, self-cleansing, self-governing, self-generating instrument!"¹¹²

Physical wellness is paramount for a missionary to do the work that God has called him/her to do. The Bible teaches about the connection of body and soul and that the body is a temple for the Holy Spirit (1 Corinthians 6:19): "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies."¹¹³ The body also requires some form of exercise routine to fully function at its optimum peak on the mission field. There is limited information available on physical fitness and exercise for missionaries. No resources are available to help missionaries prepare physically for their mission and maintain exercise throughout their service.¹¹⁴ A healthy, fit body is the most appropriate home for a vibrant spirit.¹¹⁵ An increase in physical exercise will ultimately result in better overall health, better sleep, better eating, better posture, increased energy level, and potentially a higher productivity level in doing mission work. The Braggs' book suggests that proper posture and

¹¹⁰ Ibid., 3

¹¹¹ Ibid., 107.

¹¹² Ibid., 107.

¹¹³ 1 Corinthians 6:19-20

¹¹⁴ Buhler. *Missionary Fitness*. Prepare Your Body And Spirit For Service. (Salt Lake City: SoL Health Communications, 2010), 7.

¹¹⁵ Thomas. *Every Body Matters: Strengthening Your Body To Strengthen Your Soul*: (Grand Rapids: Zondervan, 2011), 33.

toning of the body results in retraining and strengthening muscles for a more youthful and healthier body.¹¹⁶ In his book *Every Body Matters*, Thomas states that increased physical exercise results in mind, spirit, soul, and body working together.¹¹⁷ Thomas' research concludes that abuse of our bodies can gradually numb us to Christ's presence, so caring for our bodies can warm us up to His initiating grace.¹¹⁸ In addition, the body and soul are in connection with each other. Therefore, one must look after the physical to bring it in harmony with the soul. Paul teaches us to honor God with our body and present ourselves as living sacrifices to God.¹¹⁹ Missionaries' lifestyles should employ physical exercise to strengthen the whole body in carrying out Christ's mission in the world. Studies show that exercise helps one maintain a healthy heart, maintain a strong body, and build stronger bones.¹²⁰ Missionaries must have good health and strength to withstand the demands of the mission work so that they can serve the Lord with all their heart, soul, and might (Deuteronomy 6:5). Holiness requires that the physical body is nurtured.

Mental Wellness

Mental illness affects how a person thinks, feels, and behaves, and it includes a wide range of disorders among people¹²¹. While member care is a multidisciplinary concept that addresses all aspects of the missionary's physical, emotional, and spiritual health, the focus of

¹¹⁶ Bragg and Bragg. *Bragg Healthy Lifestyle: Vital Living to 120*: (Santa Ana: Health Science, 2004), 110.

¹¹⁷ Thomas. *Every Body Matters: Strengthening Your Body To Strengthen Your Soul*: (Grand Rapids: Zondervan, 2011), 32.

¹¹⁸ Ibid.

¹¹⁹ Romans 12.1

¹²⁰ Bragg and Bragg. *Bragg Healthy Lifestyle: Vital Living to 120*: (Santa Ana: Health Science, 2004), 32.

¹²¹ W.B. Johnson and W. L. Johnson. *The Minister's Guide To Psychological Disorders And Treatments*: (New York: Routledge. Second Edition, 2014), 2.

member care services is addressing issues related to psychological health and well-being.¹²² The need for mental health care in missions has been apparent throughout the history of Protestant missions.¹²³ Psychological research indicates that the high missionary attrition rate can possibly be lowered if member care organizations administer personality type testing to assess missionary's mental wellness and career preference. An effective psychological assessment process for missionary candidates is helpful in reducing attrition.¹²⁴ Understanding personality preferences in the missionary candidate process is an important part of determining whether a field placement or team will be an effective fit.¹²⁵ Better understanding of missionaries' placement preferences may help sending organizations better prepare them for cross-cultural work in advance. Dimos et al. found that American Evangelical missionary candidates endorsed preferences for Extraversion, Intuition, Feeling, and Judging.¹²⁶ This means that their personality type and preferences on the Myers-Briggs Type Indicator (MBTI) scale suggests that many missionaries are extroverts, they communicate well, and they are caring towards others. The Myers-Briggs Type Indicator will be discussed further in chapter four. This finding should help agencies assess and better place missionaries in areas where they can better thrive based on their preferences (Extraversion, Intuition, Feeling, and Judging) and needs.

¹²² Camp et al., Missionary Perspective On The Effectiveness Of Current Member Care Practices. *Journal of Psychology and Theology*: (Winter 2014), accessed May 28, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

¹²³ Ibid.

¹²⁴ Jonathan Dimos et al., Psychological Type Of American Evangelical Missionary Candidates. *Mental Health, Religion and Culture*, (2016), accessed May 28, 2018, <https://doiorg.ezproxy.liberty.edu/10.1080/13674676.2015.1135420>

¹²⁵ Dimos et al., Psychological Type Of American Evangelical Missionary Candidates. *Mental Health, Religion and Culture*, (2016), accessed May 28, 2018, <https://doiorg.ezproxy.liberty.edu/10.1080/13674676.2015.1135420>

¹²⁶ Ibid.

Mental wellness is vital for missionaries' health, well-being, and long-term sustainability in the field. The stress and high demands of the missionary occupation as well as familial, physical, emotional, and spiritual factors, all contribute to the increased attrition rates reported by mission agencies.¹²⁷ Any mental health problems before entry should be examined by a medical professional and addressed in advance of service. It appears that missionaries are not exempt from mental health illnesses experiences in western society and their challenges is magnified overseas.¹²⁸ Research on missionaries, member care, and missionary mental health provision shows that missionaries possess unique characteristics, stressors, and needs, necessitating that missionary mental health provision be tailored to recognize and treat this specialized population.¹²⁹ The onset of stressors can come from cultural and language barrier, financial insecurities, sleep deprivation, lack of basic needs, environmental safety, privacy, and many other contributing factors.¹³⁰

Consequently, Strand et al.'s research on mental health of cross-cultural missionaries has shown that anxiety and moodiness are key factors impacting missionaries' job performance, and it has also shown that depression affects all spheres of functioning and well-being.¹³¹

¹²⁷ Schwandt and Moriarty. *What Have The Past 25 Years Of Member Care Research Taught Us? An Overview of Missionary Mental Health and Member Care Services: American Society of Missiology. An International Review.* (July 2008), accessed May 9, 2018. <http://journals.sagepub.com.ezproxy.liberty.edu/doi/abs/10.1177/009182960803600304>.

¹²⁸ Ibid.

¹²⁹ Keckler, Moriarty, and Blagen. *A Qualitative Study On Comprehensive Missionary Wellness.* *Journal of Psychology and Christianity:* (Fall 2018), 205-214, accessed May 11, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/237251087?pq-origsite=summon&accountid=12085>.

¹³⁰ Ibid.

¹³¹ Mark A. Strand et al., *Mental Health Of Cross-Cultural Healthcare Missionaries.* *Journal Psychology and Theology:* (Winter 2015), 283-293, accessed May 10, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1788599528?pq-origsite=summon&accountid=12085>.

Missionaries that have anxiety or mood disorders may have problems stemming from environmental issues (extreme noise and climate change) and cultural adaptation (sleep patterns, gender and cultural norms). Because of the impact that depression and anxiety have on work performance and well-being, investigating the mental health of missionaries is essential both for preserving their health and wellness and for safeguarding the stability of their job performance.¹³² Those who choose to make a long-term commitment to working overseas will likely experience some distressing events, including social isolation, cultural adjustment, and repatriation.¹³³

While working in the field, missionaries will at some point come face to face with a myriad of situations that result from war, trauma, loss or grief. In the *Journal of Psychology and Theology*, 94% of missionaries reported having been exposed to trauma on the field, with 86% reporting exposure to multiple incidents.¹³⁴ Bagley notes that the data could indicate civil unrest and violent crime, and that the missionaries' exposure to such trauma was greater on the mission field.¹³⁵ How do missionaries work in the face of such adversities with little to no preparation and often little support? This concern will be analyzed with data collected from current missionaries working in the field. Teachers and evangelists on the forefront of the mission field rely on their inner strength through the workings of the Holy Spirit, which pushes them forward to do God's will. "Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live

¹³² Ibid.

¹³³ Ibid., 284.

¹³⁴ Robert W. Bagley. *Trauma and Traumatic Stress Among Missionaries*. *Journal of Psychology and Theology*: (Summer 2003), <https://search-proquest-com.ezproxy.liberty.edu/docview/223679031?pq-origsite=summon&accountid=12085>

¹³⁵ Ibid.

according to it. According to Romans 8, if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

Environmental Wellness

Environmental factors can contribute to social and physical concerns for missionaries, which can in turn restrict their ability to serve others, take care of family, and even care for themselves. Environmental concerns include rough terrain, extreme temperature, minimal running water, inadequate space for serving others and poor infrastructure to sustain themselves. Correlation was drawn between the climate of the alien environments and ill health.¹³⁶ Environmental problems include high levels of stress, which decrease productivity and reduce human comfort.¹³⁷ Leaving one's homeland, with little to no knowledge of environmental conditions can often impact missionary's health and wellbeing. The National Institute of Environmental Health Sciences states, "Environmental consequences of climate change, such as extreme heat waves, rising sea-levels, changes in precipitation resulting in flooding and droughts, intense hurricanes, and degraded air quality affect directly and indirectly the physical, social, and psychological health of humans."¹³⁸ Various medical conditions, from digestive disorders and fatigue to memory loss, hysteria, and insanity, attributes to climate since the onset of the first missionaries in this region.¹³⁹

¹³⁶ Georgina H. Endfield and David J. Nash. *A Good Site For Health: Missionaries And The Pathological Geography Of Central Southern Africa*. Department of Geography. (National University of Singapore. 2007), 144.

¹³⁷ Matthias Roth. *Review of Urban Climate Research in (Sub) Tropical Regions*. International Journal of Climatology: (August 2007), accessed May 28, 2018, <https://rmets-onlinelibrary-wiley-com.ezproxy.liberty.edu/doi/abs/10.1002/joc.1591>.

¹³⁸ National Institute of Environmental Health Sciences. *Climate and Human Health. Your Environment, Your Health*. Accessed June 7, 2018, https://www.niehs.nih.gov/research/programs/geh/climatechange/health_impacts/.

¹³⁹ Endfield and Nash. *A Good Site For Health: Missionaries And The Pathological Geography Of Central Southern Africa*. Department of Geography. (National University of Singapore, 2007),144.

Spiritual Wellness

Spiritual wellness helps missionaries find meaning and purpose in their lives through the work of the Holy Spirit to accomplish Christ's mission for the building and uplifting of his kingdom. It is of paramount importance that missionaries are spiritually fed and that they have adequate time set aside for spiritual growth. The result of being filled with the Spirit will be to produce the fruit of the Spirit in Gal 5:22-24.¹⁴⁰ The Holy Spirit is a gift given to all believers in Jesus without exception.¹⁴¹ The spiritual health of the believer allows the believer to do what is right through the direction of the Holy Spirit. The spiritual disciplines are the personal and corporate disciplines that promote spiritual growth.¹⁴² This means that missionaries can balance and develop harmony between working in the field and spending time with God. The biblical balance is that the spiritual life is both human and divine.¹⁴³ According to Apostle Paul, one must work out his/her own salvation (human element), and God provides the tools to accomplish his divine purpose through the power of the Holy Spirit.

An unhealthy spiritual life can lead a missionary to poor spiritual growth, which consequently affects ministry and family relationships. Spiritual deficits typically reveal themselves in too much activity.¹⁴⁴ When missionaries are constantly giving of selves in ministry and are not replenishing their souls, they become spiritually unhealthy. Unhealthy leaders engage

¹⁴⁰ Paul Enns. *The Moody Handbook of Theology*: (Chicago: Moody Publishers, 1989), 291.

¹⁴¹ *Ibid.*, 278.

¹⁴² Whitney. *Spiritual Disciplines For The Christian Life*: (Colorado Springs: NavPress Publications, 1991), 17.

¹⁴³ Kenneth Boa. *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation*: (Grand Rapids: Zondervan, 2001), 75.

¹⁴⁴ Scazzero. *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and The World*. (Grand Rapids: Zondervan, 2015), 26.

in more activities than their combined spiritual, physical, and emotional reserves can sustain.¹⁴⁵ Scazzero says, “The demands and pressures of leadership make it nearly impossible for them to establish consistent and sustainable rhythm of life.”¹⁴⁶ Missionaries are on the forefront of the mission field as leaders and speakers for Christ, but with poor spiritual health, the work can be tedious, lonely, and could cause attrition from the mission field. They are the habits of devotion and experiential Christianity that have been practiced by the people of God since biblical times.¹⁴⁷ Although missionaries are evangelizing and serving communities daily, their downtime does not often allow them adequate time to connect with God and aid their spiritual formation. Time is one of the greatest concerns for missionaries to reconnect with God through Bible intake, worship, prayer, or fasting. Proverbs 27:17 tells us that as iron sharpens iron, so one man sharpens another. In strengthening their walk and growth in Christ, missionaries will need to be poured into regularly to renew their faith. Those who are in the heat of the battle in a culture that is strange to them have special spiritual needs.¹⁴⁸ Steffen and Douglas further discuss that high stress situations, complex relationships, difficult cultural adaptation, demanding ministry contexts, and sometimes crisis, conflict and suffering affect missionaries spiritually.¹⁴⁹

¹⁴⁵ Scazzero. *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and The World*. (Grand Rapids: Zondervan, 2015), 26.

¹⁴⁶ Ibid.

¹⁴⁷ Whitney. *Spiritual Disciplines For The Christian Life*: (Colorado Springs: NavPress Publications, 1991), 17.

¹⁴⁸ Steffen and Lois McKinney Douglas. *Encountering Missionary Life and Work: Preparing For Intercultural Ministry* (Grand Rapids: Baker Academic, 2008), 69.

¹⁴⁹ Ibid.

Summary

Chapter two addressed the importance of a wellness model for missionaries to integrate their emotional, social, nutritional, physical, mental, environmental and spiritual health for a healthier lifestyle on the mission field. This wellness model connects mind, body and spirit in harmony for a wholistic lifestyle for missionaries to proclaim the gospel cross-culturally. Factors affecting missionaries on the field will be addressed in chapter three on methodology, to determine how they are impacted to develop a framework to sustain them and reduce attrition rate on the field.

CHAPTER 3: METHODOLOGY

Overview

This chapter aims to understand the health and wellness of cross-cultural missionaries by extrapolating, compiling, and analyzing data to investigate reasons why some missionaries develop poor lifestyles while serving on and eventually leaving the mission field. This research project is comprised of data from fifty-three long-term missionaries serving in various cross-cultural contexts on the mission field. The methodology describes the health and wellness concerns of participants using a quantitative data study by Qualtrics Survey Software. The missionaries were given fifty-three questions on social, emotional, mental, physical, nutrition, environmental and spiritual health, and wellness in a questionnaire format.

The study includes fifty-three missionaries, thirty-nine married, eleven never married, and three divorced. Forty-one are American missionaries, ten are foreign missionaries, and two missionaries did not reveal their country of origin. This study includes thirty-one males, twenty-one females, and one unidentified gender. The participants ranged in age from 18-65 years old and served in different cultural contexts between one and ten years. Twenty-six of the participants served more than ten years in the mission field, and forty-two reported that they would like to stay five or more years in the field.

Design

This chapter is designed to study the causes of missionaries' unhealthy lifestyle and analyze the six factors (social, emotional, mental, physical, nutrition, environmental, and spiritual) affecting missionary's health and wellness. The questionnaire is designed in a multiple-choice format that includes demographic information and open-ended questions to understand their health needs, and to further develop a wholistic framework for them to use for a healthier lifestyle on the mission field.

Research Questions

The research questions analyzed six factors of wellness pertaining to a missionary's health: emotional, social, nutritional, physical, mental, and spiritual health. Using these factors, a battery of questions was designed to better understand the effects that poor health and wellness has on productivity and subsequently attrition from the mission field.

The missionaries were asked what self-care preparation plan they implemented to prepare for cross-cultural missions prior to deployment to the mission field. The responses indicated that little self-care pre-planning was done beforehand, which could have possibly contributed to the onset of their unhealthy lifestyles. Inadequate or no self-care plans can gravely affect missionary's health and wellness in many unhealthy ways on the mission field. In his article "Burn Out and The Ethics of Self-Care for Therapists," Wityk states that lack of self-care increases a therapist's risk of burnout.¹⁵⁰ This truth applies to the mission field as well. Burnout can take many forms, so it is imperative that missionaries serving on the mission field look closely at a customized self-care plan pre-mission trip. Fifty-one missionaries responded to Question 8 (What self-care preparation did you implement prior to deployment to the mission field?) on self-care preparedness with overlapping responses; 16 out of 52 missionaries (31%) received some social and emotional pre-wellness care in the form of counseling, living accommodations, cross-cultural expectations and communicating with natives.

In the areas of spiritual wellness (spiritual vitality, spiritual disciplines etc.), twelve (24%) missionaries felt prepared spiritually, seventeen did not prepare or receive any spiritual self-care support, none indicated whether they researched or studied the country before entry and eleven (22%) received member care training prior to mobilization on the field. A close look at

¹⁵⁰Tracy L. Wityk. *Turnout And The Ethics Of Self-Care For Therapists*: (The Alberta Counsellor, Vol. 28, Iss. 1, Fall 2003. 4-11).

spiritual wellness and member care data from the missionaries implies that more church-based training and member care services were needed to improve their spiritual wellness and help decrease unhealthy lifestyles cross-culturally, which would in turn reduce attrition rate.

Adequate member care services are necessary not only to equip missionaries with the tools needed to work in the field, but also to provide ongoing support during their service overseas to maintain healthy lifestyle. Member care is the ongoing investment of resources by mission agencies, churches, and other mission organizations for the nurture and development of missionary personnel.¹⁵¹ Missionaries and member care services must prepare missionaries in advance of mission trips for improved sustainability on the mission field. Prepare for difficult and different environments that build up the expectation that everything will be different.¹⁵² Further identification of missionaries' cultural, emotional, physical, and spiritual preparedness before entering the field was done to determine harmony within these wellness factors. 30% of the missionaries revealed that they were not culturally, emotionally, spiritually, or physically prepared before entering the mission field. 47% indicated they were prepared in all four areas. 17% were prepared in three or less areas, and 13% did not correctly answer Question 19 (Do you feel you were prepared culturally, emotionally, spiritually and physically before entering the mission field?). Although a large percentage of the missionaries felt prepared holistically, a substantial percentage of missionaries could have benefitted from programs and/or resources to improve their quality of life and overall wellness before entering the field, as well as during the

¹⁵¹ Camp et al., *Missionary Perspective On The Effectiveness Of Current Member Care Practices*. *Journal of Psychology and Theology*, 359: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>.

¹⁵² Aroney-Sine. *Survival Of The Fittest: Keeping Yourself Healthy In Travel And Service Overseas* (Monrovia: MARC, 1999), 45-46.

duration of their mission work. As 3 John 1:2 states, “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

In Question 15, missionaries were asked what their main concerns were regarding health and wellness on the mission field, to identify illnesses and living habits, respectively. Fifty-two missionaries responded; 40% indicated nutrition and physical wellness, 21% indicated social and emotional health (stress, family support, sleep and isolation), 19% were concerned with access to health care, 4% concerned with the environment and spiritual disciplines and 4% had no main concern. The remaining 10% did not respond appropriately to the question. The data points to the fact that more programs are needed to resolve nutritional concerns and create work schedules that allow time for physical activities. It has well been established that regular physical activity (PA) and healthy eating are associated with decreased prevalence of chronic disease (e.g., cardiovascular disease, some cancers, type 2 diabetes, obesity and poor mental health) and premature mortality.¹⁵³

Missionaries in this survey explained their everyday living and needs on the mission field and indicated that living can be challenging but rewarding: “It is a simpler lifestyle but often comes with hardship.” Their biggest daily need was transportation (27% without a car) to get to and from work, grocery shopping, and taking care of personal business away from the field. Their lives off the field included cooking, time with family, and spiritual disciplines. The research in Question 6 showed the top five areas of needs were spiritual vitality, spiritual disciplines, family support, stress

¹⁵³ Caperchione et al., *The PowerPlay Workplace: Physical Activity and Nutrition Intervention For Men: Study Protocol and Baseline Characteristics*. Contemporary Clinical Trials. (2015), 42-27.

management and financial support (tie), and fitness programs. In addition, when asked in Question 30 what support was needed to stay longer on the mission field, the top five choices were spiritual growth, stress management, team support and financial support (tie), physical wellness, and mental wellness and personal care (tie), respectively.

There are many areas in mission work that bring fulfillment and joy in carrying out the gospel message throughout the world, but there are also concerns with the job. Addressing missionaries' greatest concerns about being a missionary in the field, Question 40 (What are your greatest concerns that you find most difficult about being a missionary on the mission field?), revealed that missionaries are generally more concerned about spiritual emptiness, family issues, financial pressures, isolation, cross-cultural barriers, and loss/grief than they are about nutrition and physical activities (addressed in Question 15). The data from Questions 15 and 40 implies that even though missionaries have family, finances, and social and cultural needs on the forefront of their minds, they are also aware that nutritional and physical wellness is vital to staying healthy to continue to do God's work.

Social and Emotional Wellness

Participants were asked to discuss the greatest barrier(s) to their social and emotional growth while serving cross-culturally (Table I). Of the 53 participants, the barriers to emotional and social growth were busyness, cultural differences, spiritual disciplines, member care, language barriers, isolation, family, and depression. Busyness was identified as the biggest barrier to missionaries' emotional and social growth while serving in the field (Figure I). We are

called, however, to be intentional in the way we live our lives.¹⁵⁴ Unhealthy leaders engage in more activities than their combined spiritual, physical, and emotional reserves can sustain.¹⁵⁵

Table I. (Q. 24). Barriers to Emotional and Social Growth

Barriers to Emotional and Social Growth	No. of Respondents
Busyness	11
Cultural Differences	10
Spiritual Differences	6
Member Care	6
Language Barriers	4
No Barriers	4
No response	5
Isolation	4
Family Concerns	2
Depression	1

¹⁵⁴ Pearman. *What's Best Next: How The Gospel Transforms The Way You Get Things Done* Grand Rapids, MI: Zondervan. 2013.

¹⁵⁵ Scazzero. *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and The World.* (Grand Rapids, Michigan: Zondervan. 2015), 26.

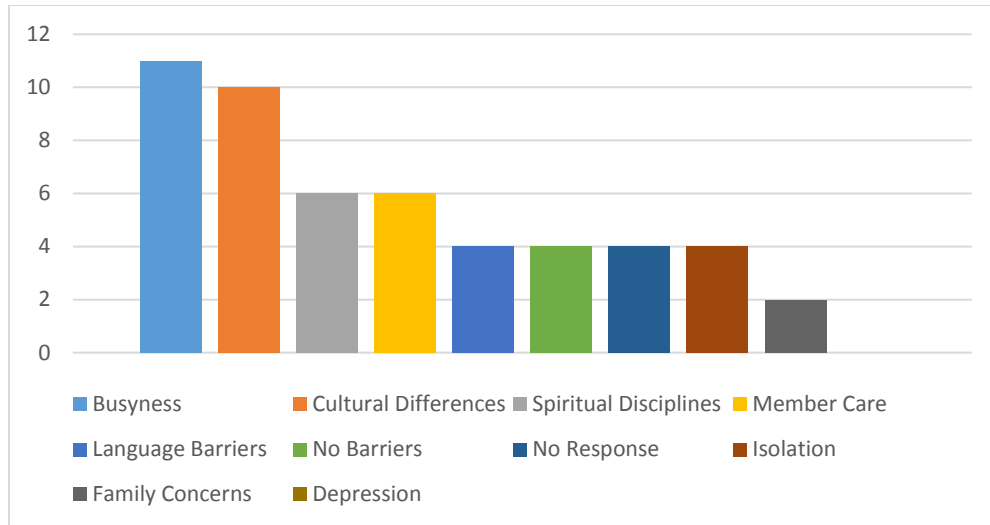


Figure I. – Barriers to Social and Emotional Growth

The missionaries were then asked to rate their overall social and emotional health (#34) using a scale from 0-10, with zero being the worst and 10 the best (Table II/Figure II). The data indicated that 23 out of 51 (45%) participants had poor social and emotional health. The data also revealed that 4% of participants did not answer this question, 4% had extremely poor social and emotional health, 6% had very poor social and emotional health, 35% had poor emotional and social health, 53% had good social and emotional health, 2% had excellent social and emotional health.

Table II. (Q. 34) Missionaries’ Social and Emotional Health

Scale: 0 = Worst 10 = Best	No Response	Worst	Bad	Very Poor	Poor	Good	Best
Missionaries’ Overall Social And Emotional Health	NR	0	1-3	4-5	6-7	8-9	10
Number Of Missionaries	2	0	2	3	18	27	1

NR = No Response

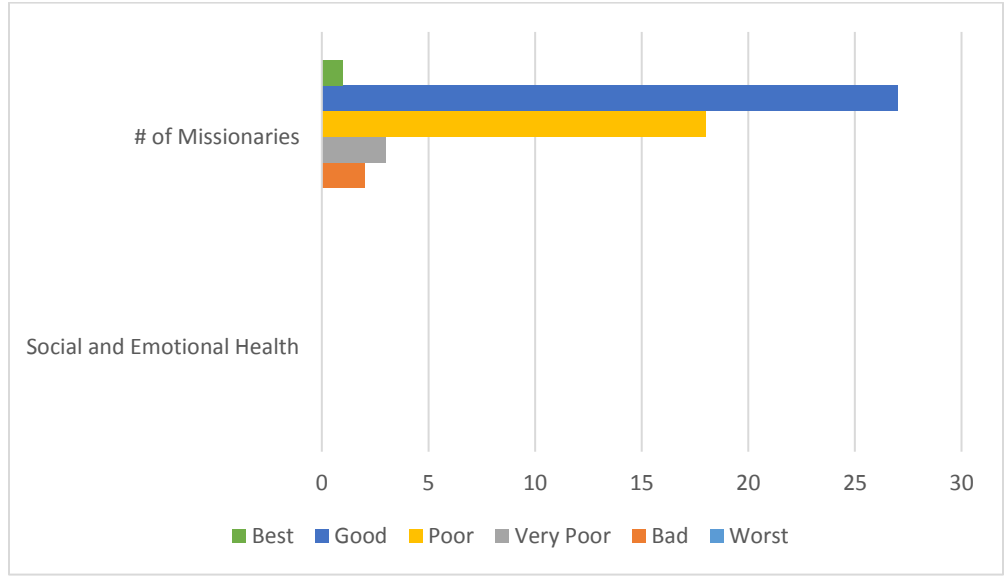


Figure II. – Missionaries' Social and Emotional Health June 2018

Social Wellness

Some missionaries wrote that they felt isolated at the end of their workday in the mission field due to several varying factors. In Question 31, missionaries were asked if they felt alone at the end of their workday or felt that they could connect and socialize with close friends and family at the end of their workday. Sixteen missionaries responded that they were alone at the end of the workday; twenty-eight missionaries were able to socialize with friends and families, four missionaries indicated that they wanted to be alone (due to demands of work during the day) at the end of the day, and five missionaries did not respond (Table III).

The missionaries were also asked (Question 7) what they did to relieve stress on the mission field, and their top responses were prayer, communication, spending time with family, seeking counsel, rest, and taking a retreat. Member missionary activity involves interaction with other fellow missionaries to further the gospel message. In Question 26 (What does member-missionary activity look like in your mission(s)? What is your experience working with members

with missionary work?), 35% of the participants did not understand the words “member missionary;” many of the missionaries stated that the question (was not understood and as a result some did not answer this question.

In Question 27, missionaries were asked if everything needed to be done to treat and prevent illnesses could be done in their cross-cultural context. Of the 53 missionaries that responded to this question, 58% said “yes,” 32% said “no,” and the remaining 10% did not know or did not respond to Question 27. The five most common illnesses that 49 missionaries reported in Question 28 were malaria, fatigue/stress, poor water/typhoid, and parasites, with malaria (43%) and fatigue (16%) being the top two illnesses.

Missionaries were asked what self-care preparation they implemented prior to deployment to the mission field in question 9, to better prepare and sustain them in the field. The five top responses to question 9 was cross-cultural training (34%), finance (15%), language (11%), preparation (11%) and exercise (7%). The participants in this research believed that missionaries are leaving the mission field due to burnout/stress (38%), family needs (21%), financial constraints (17%) and health concerns (11%).

Table III. Social Wellness

Social Wellness Factors	Percentage	Responses Out of 53
Isolation At End Of Day	30%	16
Spending Time With Family	53%	28
Wanted to Be Alone	8%	4
No Responses	9%	5

This question (Q.17), showed a high percentage of missionaries who their comrade believed are burned out/stressed due to varying factors that affect them on the mission field. In question 18, when asked what can be done to reduced attrition on the mission field, participants

recommended improved member care services (53%), psychological assessment (9%), spiritual support (9%) and better preparedness (8%). Financial support was also an area that missionaries believed needed to be reviewed and a for plan to be constructed prior to mobilization.

Emotional Wellness

Participants were asked if they experienced burnout (Question 50). 15 out of 50 (30%) missionaries responded that they had experienced some form of burnout, with no response from three participants (Table IV). Burnout was also included on question 30 (Rank in order the important support that you feel you need to stay longer on the mission field with 1 being the least support and 10 being the most support.) of the Qualtrics Survey and was identified by missionaries as a major obstacle to staying longer on the mission field (Figure III). Eighteen (34%) participants stated that they needed help with burnout (it was in the top seven of the 10 responses given in question 30). The top reasons for burnout the missionaries listed burnout were being overworked, stressors, member care constraints, language barriers, cultural barriers, and financial concerns (Figure IV).

Table IV. Burnout

Are you Experiencing Burnout?	Yes	No	Not Now, In Past	No Response (NR)	
Total No. Of Participants	15	26	9	3	
What Do You Think Is Causing Your Burnout?	Overworked	Stressed	Isolation	No Support Member Care	Financial Concerns
Total Experiencing Burnout	9	2	2	1	1

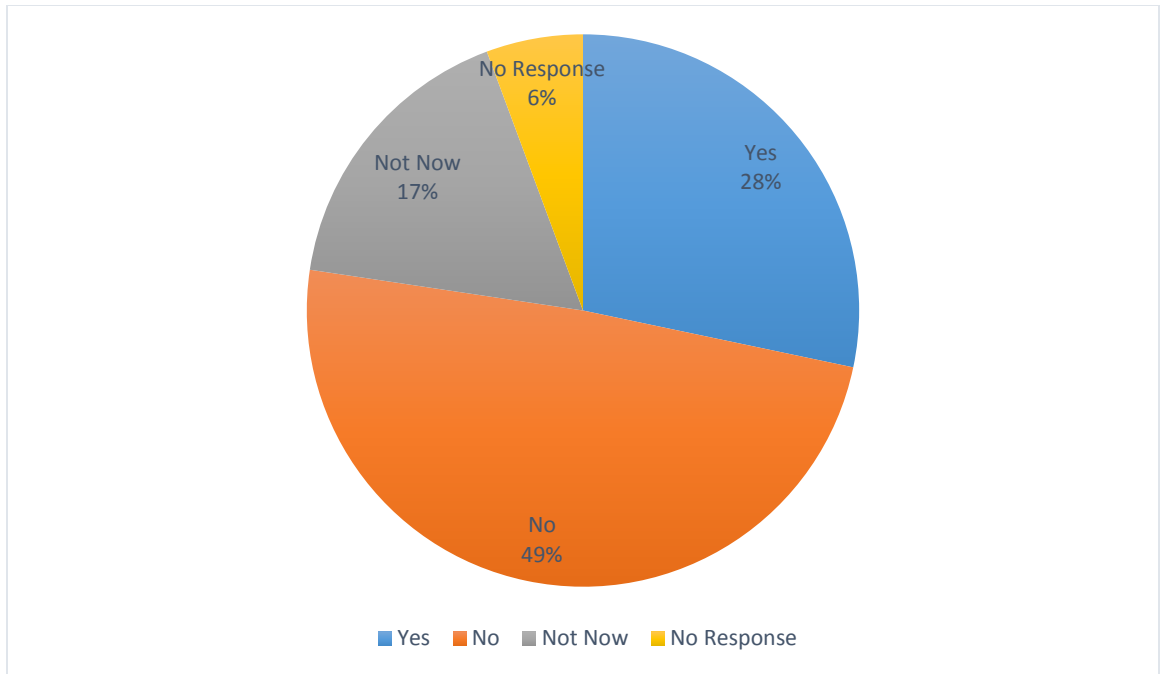


Figure III. – Are Missionaries Experiencing Burnout?

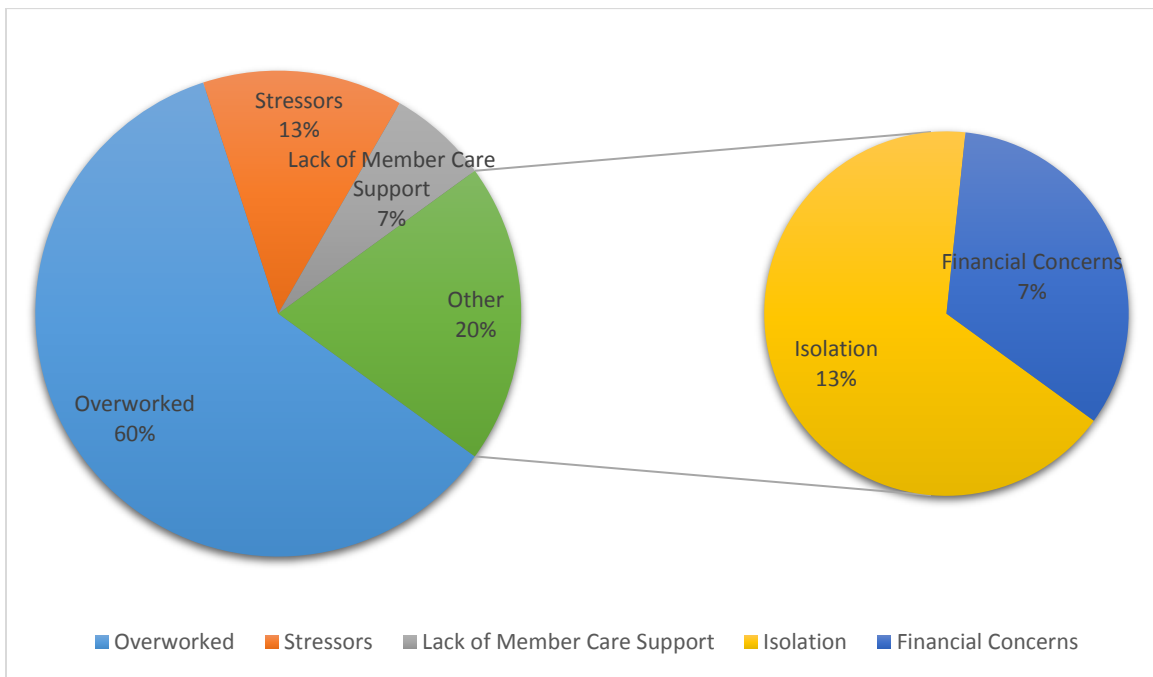


Figure IV. – What is Causing Missionaries Burnout?

Sleep deprivation plays a major role in missionaries’ emotional health, stress levels, and their productivity in the field. In question 11, they were asked how many hours they slept per day. 37 of 53 (70%) missionaries slept 6-8 hours per day, nine of the 53 (17%) slept 4-6 hours, four out of 53 (8%) slept more than 8 hours, and 4% slept 2-4 hours per day. Adequate sleep is vital, and it is a necessary component for a healthy mind, body, and spirit. They were then asked (Question 47) how they rest their bodies, minds, and spirits, and 96% of respondents stated that they either sleep, take naps, participate in family activities, take vacations, go on retreats, stay away from phones and computers, read, practice solitude, and exercise. The 4% that stated they do not rest also stated they try to make it through each day without resting or taking time off. In Question 48, the missionaries were then asked to select five things that brought care and support to them in the past year. The top five forms of support were spiritual disciplines, pastoral care/personal counseling, family, prayer groups, and ministry/organization support (in that order).

Emotional health helps missionaries stay grounded, focused, and intentional about the work that God has called them to do. But the constant demands of ministry often have adverse effect on their emotional well-being. Missionaries were asked in Question 29 if they could maintain emotional equilibrium while continually juggling their roles on the mission field. 14% answered “no,” 41% said “most of the time,” and 43% said “yes” (Table V).

Table V. Emotional Equilibrium On Mission Field?

Yes	No	Most Of The Time
43%	14%	41

From this data, it can be inferred that 55% of the missionaries have some emotional concerns. This data reveals that missionaries need some harmonious rhythmic lifestyle plan to improve

emotional health and work towards a more wholistic lifestyle. The results of this questionnaire give the author further insight into the way missionaries get things done as it relates to their social and emotional health. Question 39 asked what missionaries did for relaxation. Their response was mixed, and answers included one or more activities for relaxation. Many missionaries said they read, hike, exercise, watch movies, walk, play sports, play a musical instrument, participate in outdoor activities, and spend time with families and other missionaries when time permits.

Nutritional and Physical Wellness

Nutritional Wellness

Missionaries working cross-culturally face an enormous amount of responsibilities that are detrimental to their health and can often lead to health issues. Nutrition and physical wellness are two important factors that affected missionaries' health and well-being. Prior to mobilization, the missionaries were asked, if they prepared any diets or supplements ahead of their cross-cultural mission trip. Of the 49 missionaries who responded, ten (20%) said that they prepared dietary plans and/or supplement plans in preparation of mission trip. Of this 20%, only dietary supplements were taken pre-mission trip. In addition, five out of the 49 (10%) missionaries' pre-trip nutritional preparation took nutritional products and/or researched meal options in new country.

Missionaries were asked to discuss their nutritional and physical wellness while serving cross-culturally, and the results are as follows. According to Question 13 of Qualtrics Survey, five missionaries had one balanced meal per day, 24 had two balanced meals per day, 23 had three balanced meals per day, and one have no time for daily balanced meals (Table VI). In Question 33 (What does your average daily nutrition consist of?), the research also showed that

missionaries' nutritional intake was overall very good; out of 49 respondents, ten (20%) reported that their diet did not consist of good nutritional intake, and 39 out of 49 (80%) reported that their nutritional intake was good (somewhat balanced).

Table VI. Nutritional Wellness

	Percentage of Agreement	Responses
Pre-Mission Nutritional Preparation	10%	5 Out Of 49
One Meal Per Day	10%	5 Out Of 52
Two Meals Per day	46%	24 Out Of 52
Three Meals Per Day	42%	22 Out Of 52
No Time For Balanced Meals	2%	1 Out Of 52
Nutritional Intake Good	80%	39 Out Of 49
Drank Water Only (Daily)	29%	14 Out Of 49
Drank Water and Other Beverages Daily (Daily)	98%	48 Out Of 49

When asked about consumption of beverages (Question 49), fourteen out of 49 (29%) participants responded that they drank water only, and 48 out of 49 (98%) drank water and other beverages daily. Of the other beverages, 21 out of 49 (43%) respondents drank coffee or tea, 12 out of 49 (24%) drank soda, five out of 49 (10%) drank wine or beer, seven out of 49 (14%) drank fruit juices, and four out of 49 (8%) respondents drank milk regularly.

Physical Wellness

Question 12 of this Qualtrics Survey asked respondents how often they exercised in the last 12 months, and the responses indicated that missionaries will need to find adequate time to exercise more frequently. Of the 53 participants in the survey, two (4%) missionaries responded that they never exercise, 16 (30%) exercise once per week, 14 (26%) exercise one to three times per week, and 21 (40%) reported that they exercise three or more times per week (Table VII). All 53 missionaries in this survey were then asked what form of exercise they did in Question 14. 21

(40%) reported breathing and stretching exercises, 38 (72%) reported walking or running for fun, six (11%) reported swimming, five (9%) reported Zumba or other forms of dance exercise, nine (17%) rode bicycle, 17 (32%) used their own personal workout, nine (17%) engaged in other forms of exercises, such as golf, weightlifting, football, soccer, Pilates, rock climbing and yoga, and two (4%) missionaries reported having no time for a workout.

Table VII. Physical Wellness

	Percentage of Agreement	Responses
Exercised Once Per week	30%	16 Out Of 53
Exercised One To Two Times Per week	26%	14 Out Of 53
Exercised Three Or More Times Per Week	40%	21 Out Of 53
Never Exercised	4%	2 Out Of 53

In Question 44, missionaries were asked if they had a hobby that they can do outside of ministry and nine out of 47 (19%) respondents stated no and 38 out of 47 (81%) stated they had some form of a hobby (Table VIII). The majority that answered “yes” to having a hobby, and they stated that they most enjoyed playing sports, sewing, hiking, baking, cooking, music, and gardening. They were then asked in Question 20 what types of activities relating to their health and well-being they would like to participate in, and a majority (75%) indicated exercise. Of the 53 missionaries surveyed, only 8% would like more social and emotional activities to help them improve in this area and 4% would like assistance with spiritual health and 2% with better environmental conditions. 8% of the participants indicated that they were not in need of any health or healthy living activities, and 3% would like more activities for mind, body, and spirit.

Table VIII. Missionaries' Hobbies

	Percentage of Agreement	Responses
Hobbies	81%	38 Out Of 47
Would Like Nutrition And Exercise Programs/Activities?	75%	40 Out Of 53
Increase Social And Emotional Activities	8%	4 Out Of 53
Assistance With Spiritual Health	4%	2 Out Of 53
More Info On Exercise And Fitness	52%	25 Out Of 48
Stress Reduction	10%	5 Out Of 48

A timely medical checkup for illnesses and preventative care proved to be a major concern among missionaries participating in this survey. In question 45, 84% of the missionaries surveyed visited a doctor in the past 0-17 months, while 16% say a doctor in past 18 months to five years. To continue to do the work that God has called them to do, missionaries will need to be physically healthy. Thus, exercising on a regular is necessary for the demands of missionary as exercise promotes good health and relaxation. Question 21 addressed activities related to health and a healthy lifestyle that missionaries would like to participate in, and they responded with wanting more information on health topics. 52% would like more information on exercise and fitness, 21% on healthy eating, and 10% on stress management.

Mental Wellness

Mental wellness plays a major role in the health and well-being of missionaries and their ability to carry out the gospel and accomplish long-term, productive ministry work in various ethnographic regions worldwide. The mental health of missionaries can be affected when factors relating to emotional, psychological, and social well-being are compromised. Missionaries were asked if they had a pastor or pastoral counseling services available to them when support is

needed in the mission field (Question 41), and 32 out of 50 (64%) participants answered “yes.” But 20 of the 32 (63%) who have a pastor or pastoral counseling, replied that they did not utilize these services (Table IX). 14 out of 50 (28%) missionaries did not have a pastor or pastoral counseling services while working in the mission field, and two out of 50 (4%) did not know if these services were available.

Table IX. Mental Wellness

	Percentage of Responses	Responses
Pastor Or Pastoral Counseling Available	64%	32 Out Of 50
Counseling Offered through Member Care	44%	15 Out Of 34
Received Pastoral Care And Counseling	32%	16 Out Of 50
Did Not Utilize Pastoral Counseling	63%	20 Out Of 32
Suffered Grief And/Or Loss	69%	33 Out Of 48

16 out of 50 (32%) respondents that completed Question 37 of the Qualtrics Survey mentioned that they currently receive pastoral care and counseling, another 21 out of 50 (42%) received pastoral care and counseling in the past, and 13 out of 50 (26%) never received pastoral care and counseling. All of the missionaries that received some form of pastoral care and counseling indicated that it was beneficial and that they would like more frequent counseling. Several missionaries indicated that they had to initiate the request to receive any counseling services from member care or their church. Ironically, the 42% of missionaries surveyed that received pastoral care and counseling in the past (prior to mission trip and during past crisis on the field), indicated that they would like counseling again, but four out of the 21 missionaries (19%) mentioned they would like counseling only when necessary. Six out of 21 (29%) would like more counseling now. Some of the missionaries pointed to the fact that counseling was not

currently as available to them as it was in the past due to some member care only offering it during furlough, medical crises, and their distance on the mission field from member care. In Question 38, 34 of 50 (68%) missionaries indicated that they currently have access to Christian counseling to support their emotional and mental well-being. Of this group that has access to Christian counseling, 15 out of 34 (44%) indicated that counseling is offered through member care agencies or their church.

In Question 42 of The Qualtrics Survey, missionaries were asked if they experienced any grief or loss while serving on the mission field, and if so, how they coped with that grief and loss. 33 out of 48 (69%) respondents experienced grief and loss during their time working in the field. This significantly impacted their mental health and their overall emotional and social well-being. Question 5 addressed how respondents felt about their lives and work in the field. 18 (34%) missionaries indicated that they were spiritually unprepared, that daily life was challenging, and that stressful situations consumed some of their day.

Environmental Wellness

Question 3 assessed missionaries' cultural context to obtain an understanding of how their environment affects health and well-being. Missionaries served in the USA, England, Republic of Ireland, Canada, Netherland, Spain, Brazil, Rwanda, Malawi, Mali, Uganda, Mozambique, Papua New Guinea, South Sudan, Liberia, Kenya, Zimbabwe, Burundi, Peru, Columbia, Australia, Asia Minor, and the Czech Republic. The missionaries were asked in Question 32 if they slept in an environment where it was noisy at night or one where they had difficulty sleeping. 16 of 50 (32%) respondents reported that they either lived in a noisy environment or they had difficulty sleeping (Table X). According to Question 52 (Which continent are you from?), 12 missionaries are from the continent of Africa, one each from Asia,

Europe, and Australia, and 34 from North America continents, Question 51 looked at the number of years missionaries would like to continue working in the field if they had the necessary health and wellness support to sustain them. 29 would like to remain in the mission field for more than 10 years, 13 would like to remain 5-10 years, seven would like to remain 2-5 years, one 0-1 years, and three did not respond to this question. Ten out of fifty (20%) missionaries in this study are not American citizen while the remaining 40 (80%) are American citizens. When asked what essential care is needed to live a healthier lifestyle on the mission field, 18 missionaries chose “cultural adaptation to physical environment” as one of the top five choices.

Table X. Environmental Wellness

	Percentage of Responses	Responses
Noisy At Night/Difficult To Sleep	32%	16 Out Of 50
Cultural Adaptation 1 Of 5 Top Choices To Live Healthier Lifestyle In Physical Environment	34 %	18 Out Of 53
North American Missionaries	65%	34 Out Of 52

Spiritual Wellness

According to *Merriam-Webster Dictionary*, a missionary is one who is undertaking a mission—especially a religious mission. Missionaries strove to convert natives to Christianity. For missionaries to do the work of the Lord, they must be spiritually healthy and continually seek direction and guidance in the Word of God. Missionaries were asked to describe their spiritual health in Question 10 of the Qualtrics Survey, and 25 out of 53 (47%) participants stated that their spiritual health needed improvement. Missionaries responded that it is often difficult to find adequate time for spiritual disciplines, emotions about God and work are up and down, spiritual health often on a roller coaster and been in spiritually dry season (Table XI). The

remaining 30 (57%) participants that were spiritually healthy indicated that they spent adequate time with the Lord in prayer, had adequate Bible intake, grew in grace through participation in spiritual disciplines, were spiritually fit, and found time to renew spiritual health.

This research project also looked at missionaries’ spirituality in different cross-cultural contexts while bringing the gospel to others. Interestingly, when participants were asked what they did for spiritual growth (Question 43), 43 out of 49 (88%) who answered this question indicated that they spent time in the Word daily, 39 out of 49 (80%) stated that they were connected to a local church, 27 out of 49 (55%) had regular Bible study classes, and three out of 49 (6%) participated in nightly praise and worship services (Figure V)).

Table XI. Spiritual Wellness

	Percentage of Agreement	Responses
Spiritual Health Could Improve	47%	25 out of 53
Spend Time In The Word Daily For Spiritual Growth	88%	43 Out Of 49
Connected To A Local Church	80%	39 Out Of 49
Regular Bible Study Classes	55%	27 Out Of 49
Nightly Praise and Worship	6%	3 Out Of 49
Struggled Spiritually And Emotionally	8%	4 Out Of 50

Correlation data on missionaries’ spiritual growth due to daily Bible intake along with data from Question 10 (on spiritual health) indicated that their daily time in the Word is good, but other spiritual disciplines are not adequately embedded into their schedule to help improve overall spiritual health.

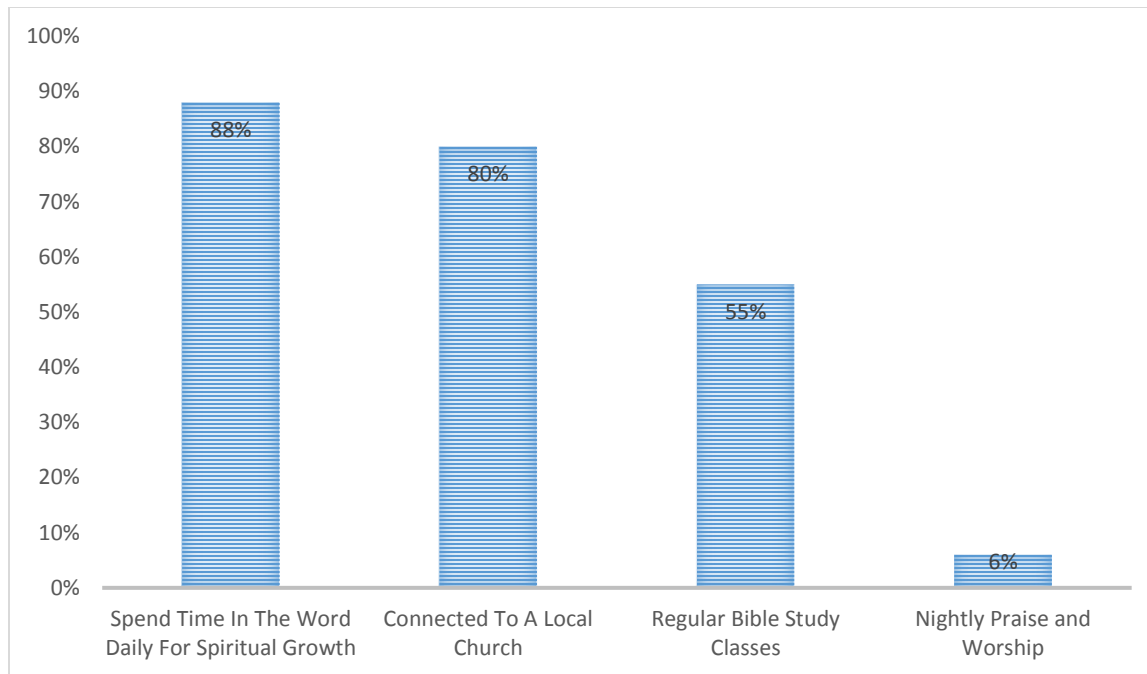


Figure V. What Do You Do For Spiritual Growth?

Question 36 of Qualtrics Survey assessed spiritual and emotional balance when difficult times arose in the life of the missionaries to better understand their spiritual maturity. Four out of 50 (8%) participants indicated that they struggled spiritually and emotionally and experienced periods of ups and downs. The remaining 46 (92%) participants indicated that a combination of prayer, Bible intake, fasting, journaling, exercise, counseling, praise and worship, or speaking with close family and friends helped them maintain balance in their spiritual and emotional walk. 72% prayed for renewed spiritual and emotional health, 20% participated in Bible study, 8% fasted, 4% journaled, 4% exercised, 6% indicated that they sought counseling, 10% participated in praise and worship activities, and 22% spoke with family and friends about their circumstances. The above data in question 36 indicates that missionaries did an excellent job going before the Lord in prayer when difficult situations arose, but they lacked growth in other spiritual disciplines (Bible intake, journaling, fasting, etc.) in times of crisis. When asked in Question 22 if they had a greater desire to practice spiritual disciplines on the mission field

(rather than doing them out of duty or not doing them at all), 38 out of 53 (72%) participants indicated that they had a greater desire to practice the spiritual disciplines on the mission field. 15% mentioned that they practice spiritual disciplines irrespective of location, five out of 53 (9%) indicated they were uncertain whether they had a greater desire to practice the spiritual disciplines on the mission field versus their homeland, and 4% did not respond to this question (Table XII/Figure VI).

Table XII. Spiritual Disciplines

	Percentage of Agreement	Responses
Greater Desire To Practice Spiritual Disciplines On Field	72%	38 Out Of 53
Practice Spiritual Disciplines At All Times	15%	8 Out Of 53
Uncertain If Had Greater Desire To Practice Spiritual Disciplines	9%	5 Out Of 53
Set Aside Time For Daily/Weekly Spiritual Rest	45%	23 Out Of 51
Rest Body, Mind And Spirit By Sleeping	40%	20 Out Of 50
Sense of Divine Mission/Using Gifts To Serve The Lord	88%	45 Out Of 51

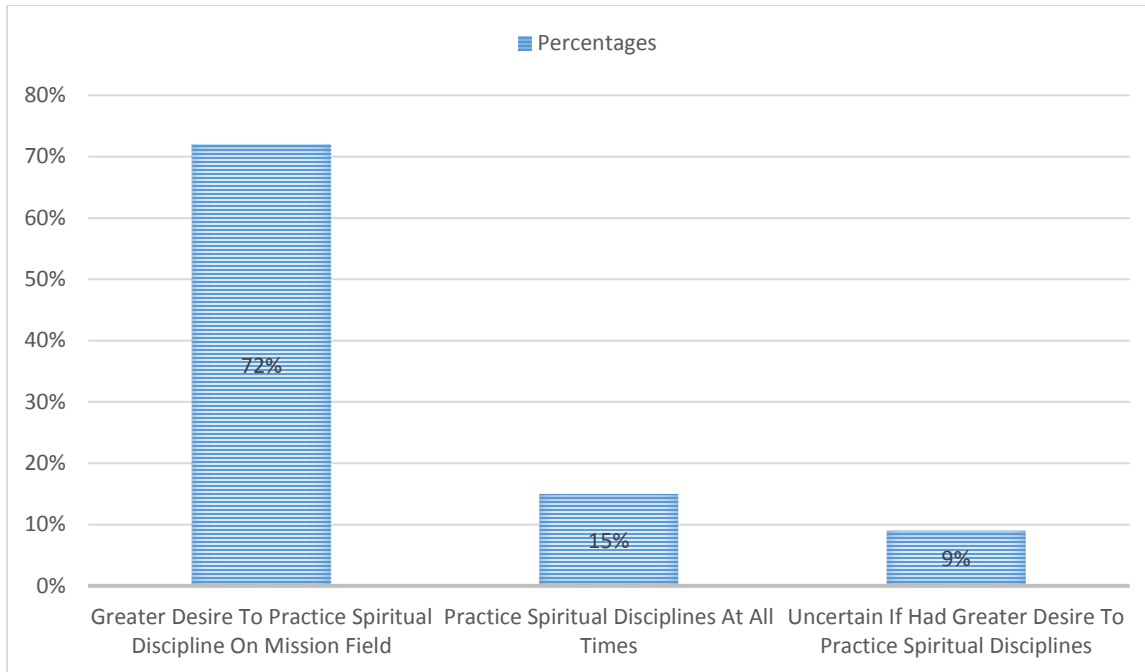


Figure VI. Do You Have A Greater Desire To Practice Spiritual Disciplines?

The data from Questions 22 and 36 indicates that missionaries would like to practice spiritual disciplines more and need more structured programs to assist them with finding more time and necessary resources for spiritual disciplines.

Question 46 on spirituality looked closely at how missionaries spend time resting spiritually. Matt. 11:28 states, “Come to me, all you who are weary and burdened, and I will give you rest.” Missionaries should learn how to rest in the presence of God for renewed spirit and replenishment. 23 out of 51 (45%) missionaries specified that they find time daily or weekly for spiritual rest, five out of 51 (10%) missionaries stated that they do not find time for spiritual rest, 21 out of 51 (41%) did not understand what spiritual rest meant, and 4% did not answer the question. When asked if they were experiencing a sense of divine mission and using gifts to serve the Lord, 88% stated “yes,” while 12% stated “no.”

Summary

This quantitative data collection study from Chapter Three reveals several concerns missionaries are experiencing. This research project will develop a solution-based wholistic framework in Chapters Four and Five on social, emotional, mental, physical, nutrition, environmental, and spiritual health and wellness. This framework will be developed and used as a guide to help sustain missionaries on the field and help them live a healthier lifestyle (to connect mind, body, and spirit) in diverse ethnographic regions.

CHAPTER 4

SOCIAL, EMOTIONAL, NUTRITIONAL, AND PHYSICAL WELLNESS AND YOU

Overview

Chapter Four focuses on the development of a wholistic multi-dimensional framework for Christian field missionaries to serve cross-culturally by connecting mind, body, and spirit in a harmonious and healthy manner. This chapter discusses utilizing tools for social, emotional, nutritional, and physical wellness to benefit missionaries who are serving in different cultural contexts. The data from Chapter Three highlight the needs missionaries addressed in the Qualtrics data collection survey on their health living cross culturally.

Sending agencies and churches can utilize the resources implemented in this chapter to promote a healthier lifestyle for missionaries' pre-mobilization as well as on the mission field. In addition, the wholistic framework acts as a guide to help missionaries become more intentional about self-care and to encourage them to reach out for support with health concerns. Mission leaders should be equipped with the tools necessary to train and address missionaries' concerns and maintain an open dialogue on ways to improve member care on a continual basis.

Wholistic Lifestyle Framework

This chapter looks at the unhealthy factors that affect some missionaries and constructs a wholistic wellness framework using data analyzed from Qualtrics Survey on missionaries' health and wellness. Assessment tools and resources are used to effectually encourage missionaries to lead a healthier mission life. This framework looks at the whole person living in harmony with self, family, and community to achieve a healthier life while serving God's people. Wellness, as defined by Myers, Sweeney, and Witmer is a way of life oriented towards optimal health and

well-being in which body, mind, and spirit are integrated by the individual to live life more fully.¹⁵⁶

Know Yourself – Missionary Assessments

Interpersonal Communication Skills Test

The first phase of the social wellness model includes an interpersonal communication skill test by PsychTests Aim, Inc. This test is used to analyze missionaries' interpersonal skills and awareness with others and it provides suggestion on how to improve communication skills for social wellness. This assessment measures missionaries' insightfulness, listening skills, verbal expression, and assertiveness. The Interpersonal Communication Skills Test by PsychTests Aim, Inc. can be accessed at PsychCentral by going to <https://testyourself.psychtests.com>. The test consists of 25 questions that can be completed in approximately 10 minutes. Once testing is completed, a free snapshot report is generated to include an introduction, graph, and personalized information on the missionary. A detailed report can be purchased for \$4.95 to give missionaries more information on their personality type. This test gives missionaries a guide to the next step in the direction for better social wellness.

¹⁵⁶ Natalya A. Lindo et al., Wellness and Burnout Prevention: Perceptions of a Group Supervision Intervention. *Journal of Professional Counseling, Practice, Theory, & Research*; Austin Vol. 42, Iss. 2, (Summer/Fall 2015): 28-42.

Solving Missionaries' People Puzzle

The Uniquely You DISC Personality Profile by Mel Carbonell uses a four DISC personality type behavior tool (D-active, I-outgoing, S-reserved, C-passive) to assess personal growth and development of missionaries. The Uniquely You DISC Personality Profiles can be accessed at Uniquely You by going to <https://uniquelyyou.org/>. The assessment is administered after the Interpersonal Communication Skills Test is completed to identify how temperaments fit together for missionaries' clarity on God's calling and purpose for their lives. This tool incorporates four areas that each consider basic motivation, desires, responds best to leaders who, needs to learn, service, and biblical advice. Once missionaries take this assessment, graphs are generated and interpreted to determine hallmark purpose that identifies social relationship with others. Solving the missionaries' people puzzle determines their growth and helps them to connect and build relationships with others.

Myers-Briggs Type Indicator (MBTI)

The Myers-Briggs assessment provides member care services, churches and missionaries invaluable information on missionaries' introversion-extraversion traits using the MBTI tool. The MBTI test can be accessed at MBTI by going to <https://www.mbtionline.com/> and taking the assessment test. Furthermore, it serves to identify self, interaction with each other on and off the mission field, confirm whether mission work is right fit and identify coping mechanisms to help missionaries socialize with others.

Social and Emotional Wellness

Social Wellness

Social wellness is the ability to positively connect ourselves to our family, our community, or our co-workers for one common good.¹⁵⁷ Social well-being is essential for missionaries to lead healthy lives on the mission field. After all, missionaries spend most of their day working alongside other missionaries and/or locals to share the gospel of Christ. However, The Qualtrics Survey data revealed that missionary's often find themselves isolated on the mission field due to stress, fatigue, heavy workload and no time to socialize due to busyness.

Strong interactions with family, other missionaries and the natives increases missionary's well-being. Braun and Kloss state that studies have linked strong social interactions with health benefits as varied and dramatic as motor skill retention, cancer survival, general immune function, memory function preservation, and overall longevity.¹⁵⁸ Research proves that social health is directly linked to physical health.¹⁵⁹ When missionaries feel connected to their environment, they become more adapt to new culture and language and feel less isolated. Braun and Kloss also note that what happens outside the workplace has a direct causal effect on what happens within the workplace.¹⁶⁰ Social wellness within the workplace is just as important as interactions outside work.

There are many warning signs that the missionaries mentioned in Chapter Three that are indicative of social distress, such as isolation, depression, busyness, and cultural differences, to

¹⁵⁷ Perry S. Braun and Bobbi Kloss. Wellness Programs – Social Wellness. Employee Benefit Plan. Review May 2017: Business Insights: Global. Web. August 16, 2018.

¹⁵⁸ Ibid.

¹⁵⁹ Ibid.

¹⁶⁰ Ibid.

name a few. The social wellness model aims to reduce or eliminate these and other symptoms and to develop programs that enhance social wellness for missionaries. Communicating with others plays a huge role in the dynamics of missionaries' working relationships on the field, in communities, and with their families. To develop a healthy social lifestyle, social interaction is vital for building strong relationships. Social wellness follows these tenets: it is better to contribute to the common welfare of our community than to think only of ourselves, and it is better to live in harmony with others and our environment than to live in conflict with them.¹⁶¹ Social relationships can have a significant impact on both emotional and physical health outcomes across the lifespan.¹⁶² Whereas positive and supportive social relationships may improve health and well-being, perceptions of social isolation, loneliness, or relationship distress can be associated with negative health outcomes.¹⁶³ Comprehensive social and emotional assessments can be administered to obtain information on missionaries' socio-emotional developmental stages.

¹⁶¹ Bill Hettler. The Six Dimensions of Wellness Model. www.sdn.ymaws.com.

¹⁶² John M. Salsman et al., Emotions Assessments Using NIH Toolbox. *Neurology*. American Academy of Neurology. 2013.

¹⁶³ Ibid.

Social Wellness and You

The first step toward connecting with self is knowing self, and that comes from self-assessment.¹⁶⁴ These assessments uncover the missionaries' social orientation style and determines whether they are introverted or extroverted. If they are extroverts, they are usually sociable and enjoy socializing with others. If the missionaries' results indicate an introversion personality type, then next steps include addressing areas of weaknesses to improve communication and social interaction.

Missionaries working in diverse contexts must exhibit extroversion-type attributes, love people, communicate with people, build relationships with people, and love to serve others. Once the assessments are completed, missionaries and sending agencies (church, private organizations, and member care) can analyze the data to determine personality and behavior type. These assessment instruments will assist missionaries with ways to develop and strengthen their social health and strive to create an orderly and harmonious environment at work and at home.¹⁶⁵ The Myers-Briggs Type Indicator helps the missionaries find out who they are and who others are around them. A mentor who will work with missionaries to move them toward improve social well-being will also prove highly beneficial.

The Missionary Guiding Light – Workbook

The first section of the workbook includes the assessment tools mentioned above, assessment instruction, objectives, and step-by-step guide to better social wellness utilizing mentor's assistance and the framework model for social wellness. The workbook objective is to

¹⁶⁴ John C. Maxwell *Everyone Communicates, Few Connect: What the Most Effective People Do Differently*. Nashville: Thomas Nelson, 2010, 233.

¹⁶⁵ Isabel Briggs Myers. 1998. *Introduction to Type: A Guide to Understanding Your Results on the MBTI Instrument*. Mountain View, CA: CPP, Inc.

help missionaries experience less stress and burnout, increase social interaction, and foster more happiness in their lives.

By connecting with locals through social gatherings to increase missionaries' social wellness. The number one social concern for missionaries was isolation, followed by busyness, that kept them from developing strong relationships with others. This workbook includes community-based interactive programs for missionaries to improve social health on the mission field.

The community-based interactive consists of a meet and greet every Friday at a local community spot (The Spot) and includes local food, local music, and fellowship. The goal of the meet and greet is to socialize with the community by connecting missionaries and the local people through music, food and language at the same table. Next, missionaries meet Monday through Thursday with their families and friends for an end of day hour of fellowship after dinner during which they share daily testimonies, reflect, sing, read scripture, and laugh with one another.

This section of workbook also provides an annual four to seven-day wholistic retreat for missionaries to connect and rejuvenate mind, body, and spirit to help promote social wellness with family and community. The retreat is offered through several nongovernmental organizations (NGOs) that meet in central locations near large cities throughout the world to serve field missionaries. The retreat includes speaker series, fellowship, small groups, language and cultural assistance, pastoral counseling, and therapeutic services. Member care agencies and other support groups should recommend missionaries to make application for annual retreats.

Application of these results is particularly important for mission workers; whose relationships are essential. Prioritizing the creation or use of staff care teams is an important

place to start. Teams can provide needed support through therapy and other resources.¹⁶⁶ Teams can also help missionaries to connect with locals, other missionaries, and community.

Missionary Mentor

Each missionary is connected to a mentor missionary in the field or a native who assists the missionary to adjust to new culture, mission life and connecting them to others. John Maxwell states that the relationships we have with others are determined by the relationships we have with ourselves.¹⁶⁷ Given the importance of relationships in many ministry contexts, psychosocial factors that disrupt a healthy quality and quantity of relationships in relational-style ministries may be especially detrimental to life, job satisfaction, and effectiveness.¹⁶⁸

Social Media – Connectivity To Outside World

In today's technological society, there are many social wellness programs that utilize mobile applications (Apps), virtual technology, and computers that missionaries can manipulate with ease to communicate and connect with natives or friends and families in their homeland. To build families, there first must be partnerships.¹⁶⁹ There are also non- technological tools available for missionaries in remote areas of the world without wireless or any internet services to connect with others. Some missionaries write letters and send postcards via mail a missionary on furlough to reach others at home. This does not compensate for face to face interaction, but it

¹⁶⁶ Ashley M. Wilkins et al., *Early Trauma As A Predictor Of Burnout And Social Network*. Journal of Psychology and Theology; La Mirada Vol. 45, Iss. 2, (Summer 2017): 106-118.

¹⁶⁷ Maxwell *Everyone Communicates, Few Connect: What the Most Effective People Do Differently*. Nashville: Thomas Nelson, 2010, 232.

¹⁶⁸ Wilkins et al., *Early Trauma As A Predictor Of Burnout And Social Network*. Journal of Psychology and Theology; La Mirada Vol. 45, Iss. 2, (Summer 2017): 106-118.

¹⁶⁹ Stephan A. Schwartz. *Social Values, Social Wellness: Can We Know What Works?* The Journal of Science and Healing: March - April 2012.

can greatly bridge the gap for missionaries living in remote parts of the world without access to wireless telecommunication.

Mobile applications (Apps) include tools for better social interaction and connection with locals. The global positioning system (GPS) helps to navigate geographically throughout the local mission field. This device does not require internet service and can be downloaded to a smartphone. For instance, City Maps 2Go allow the users to download 5 maps offline for free and gives turn-by-turn directions and include an offline Wikipedia button that aids in travel and makes it easier to meet people in and outside the mission field.

Missionaries can also use Skype to call and text home for free, so they can stay connected to loved ones. If the missionaries are serving in a region where their language is not spoken, Google translate may prove helpful to translate the Bible and to assist with language barriers during mission trip. There are many other language apps that can be downloaded prior to mission trip. Video webcam allows missionaries to talk and see others at the same time in mission organizations in their homeland, participate in worship services and connect with community away from home. Focus on the Family also provides resources at www.focusonthefamily.com/mobile.aspx to help missionaries and their families stay connected and build relationships.

Emotional Wellness

Emotional wellness describes when a person's belief of what he/she is feeling becomes a physical manifestation of that belief.¹⁷⁰ A sense of being supported and cared for (member care, church, other agencies etc.) gives a missionary a feeling of comfort. God is the key to joy and contentment.¹⁷¹ Support agencies should dedicate time to prepare and stay connected with field missionaries through the course of their service to support them and to help them become happier and more productive in doing God's work. Emotional health has significant links to physical health and exerts a powerful effect on perceptions of life quality.¹⁷² This means that when missionaries physical health (regular exercise etc.) is good, emotional health can improve and, hence missionary's quality of life can also improve.

Emotional Wellness and You

My People Puzzle

The Missionary People Puzzle is incorporated as a first step to assess the emotional health of missionaries and to establish ways to prevent or combat emotional dysfunction. The People Puzzle is a great tool (utilizing the MBTI and DISC) to help missionaries assess social growth and to determine need for improved emotional stability. Mel Carbonell's book, *How to Solve the People Puzzle: Understanding Personality Patterns*, offers support agencies tools to help missionaries connect and communicate with others.

Once the puzzle is unlocked, the missionary will understand his/her personality type and can then focus on his/her spiritual journey that Scazzero mentions in his book, *The Emotionally*

¹⁷⁰ Braun and Kloss. Wellness Programs – Emotional Wellness. Employee Benefit Plan. Review September 2017: Business Insights: Global. Web. August 20, 2018.

¹⁷¹ Philippians 3:1-13

¹⁷² John M. Salsman et al., Emotion Assessment Using The NIH Toolbox. Neurology. American Academy of Neurology. 2013.

Healthy Leader. Missionaries should take the necessary steps to understanding how to be a “Better Me” emotionally through prayer, study of Scripture, and willingness to change patterns of emotional unhealthy behavior. Unhealthy leaders engage in more activities than their combined spiritual, physical, and emotional reserves can sustain.¹⁷³ They give out for God more than they receive from Him.¹⁷⁴ So, they will need to develop patterns that allow them time to rest, relax, and rejuvenate to do God’s work productively, passionately, and enjoyably.

Once missionaries determine their personality type, the next step is to enroll in the “Better Me” training program via member care organizations to identify signs of emotional distress, stress, and depression pre-mission trip and to follow up with an online format at intervals during the course of their work in the field to further determine burnout and other stress related factors. After the first six months, the missionaries access the program online as needed, and after this period is over, they access it bi-annually to assess their emotional state so that appropriate care and support can be put in place immediately. Emotional Indicators from the Qualtrics Survey reported that 30% of missionaries experienced burnout in the form of being overworked, stressed, isolated, having financial concerns, and not receiving adequate support from member care services. Stressful life events, negative emotional responses to them, and failures to cope effectively are prime component or casual factors in a wide range of illnesses and psychological disorders.¹⁷⁵ The Qualtrics Survey revealed that sleep deprivation was another

¹⁷³ Scazzero. *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and The World*. Grand Rapids, Michigan: Zondervan. 2015.

¹⁷⁴ Ibid.

¹⁷⁵ Ronald E. Smith and James C Ascough. *Promoting Emotional Resilience: Cognitive Affective Stress Management Training*. Guildford Publication. 2016.

area of concern for some missionaries' emotional health. 25% of the missionaries surveyed using The Qualtrics Survey received six or fewer hours sleep per night.

Work-Life Harmony

To ensure sustainability of missionaries and their families cross-culturally to serve others, their emotional health must be addressed. In other words, their work in the field must be in harmony with their responsibilities to their communities and families to strengthen them in mind, body, and spirit. Work-life harmony looks at the missionaries' lives both at work and at home to determine their level of emotional health. First, sleeping patterns are addressed by either using a Sleep Better app such as Runtastic.

The sleep app allows people to log their daily habits and variables such as caffeine and or alcohol consumption, stress levels, and exercise information to monitor their effect on sleep quality.¹⁷⁶ If a sleep app is not available, missionaries can still track sleep patterns, beverage consumption, and activities before bedtime by logging information on to a manual chart near their bed. Once a sleep pattern is established, missionaries will go to bed at same time and wake up at the same time to establish sleep consistency and better quality sleep. They should sleep in the dark, avoid turning on electronic devices in bed, establish their own best time for Bible intake, meditate, and avoid use of stimulants such as caffeine and alcohol. If there are concerns about not falling asleep, sleep apnea, or other sleep issues, they should consult a medical doctor for sleep study or consultation. In determining their sleep patterns for better sleep, increasing physical fitness (not too close to bedtime), and making time for themselves, missionaries will improve overall emotional health. The work-life harmony approach synchronizes daily work activities with home life and allows time for other activities outside of work. This allows one to

¹⁷⁶ Steffan Griffin. *Not Sleeping Well? "Sleep Better"* *British Journal of Sports Medicine*: London. Oct, 2015. DOI:10.1136/bjsports-2015-094707.

end work when it is time to complete daily work and spend time doing a hobby—at home and with the Lord.

Interactive Conceptual Coping Tools

Using strategies that have been effectual in other workplace environments for emotional health and well-being can also be employed for missionaries' emotional wellness cross-culturally. Consider measures that allow for direct and open dialogue with employees.¹⁷⁷ Missionaries should have open dialogue with their mentors or pastoral counselors to help them determine strategies to maintain good emotional health. Also, sending organizations should consider creating a dashboard with metrics that gauge employee emotional wellness and the corporate culture of health.¹⁷⁸ Missionaries should also discuss emotional health with member care services and learn what tools are available to assist them in handling their emotional concerns. Openness with member care and pastoral counsel will help these sources of support to assist with missionaries' concerns and further develop programs for other missionaries.

Missionaries should begin with a conceptual model for stress and coping.¹⁷⁹ They can use an online version of the stress and coping diary measure to collect at least one week of data on stress in daily life.¹⁸⁰ The stress and coping diary data assists missionaries in developing strategies to lessen or eliminate negative emotions. Online daily assessment provides many

¹⁷⁷ Braun and Kloss. *Wellness Programs – Social Wellness*. Employee Benefit Plan. Review May 2017: Business Insights: Global. Web. August 16, 2018.

¹⁷⁸ Ibid.

¹⁷⁹ Smith and James C Ascough. *Promoting Emotional Resilience: Cognitive-Affective Stress Management Training*. Guildford Publication. 2016.

¹⁸⁰ Ibid.

benefits. From a research perspective, a primary benefit is the ability to assess within-person rather than mean-level processes in relation to daily fluctuations in symptoms and stressors.¹⁸¹In clinical settings, daily diaries allow for systematic evaluation of client progress and collaborative discussion of the assessment data; such collaborative assessment has been associated with improved therapeutic outcome (Lambert, 2010, Poston and Hanson, 2010).¹⁸²

Sabbatical Delight

The Sabbath is a discipline and practice in which we ask, consider, and answer the questions that will lead us into a complete and joyous life.¹⁸³ The biblical Sabbath is a 24-hour block of time in which we stop work, enjoy rest, practice delight, and contemplate God.¹⁸⁴ It is vital that missionaries connect emotional health with spiritual maturity to become healthy leaders for Christ. Every missionary should take note of Scazzero's points on slowing down and practicing Sabbath delight to truly get their lives in a rhythmic pattern of rest, work, play, and most importantly, having a deeper relationship with God. Emotional unhealthy leaders are unaware of what is going on inside them.¹⁸⁵

¹⁸¹ Jessica A .Chen, Amanda K .Gilmore, Nicole L. Wilson, Ronald E .Smith, Kevin Quinn A. Paige Peterson, Eliot Fearey, Yuichi Shoda. Enhancing Stress Management Coping Skills Using Induced Affect and Collaborative Daily Assessment. *Cognitive and Behavioral Practice*. 2Vol 24, Iss 2, 017. 226-244.

¹⁸² Chen, Gilmore, Wilson, Smith, Quinn, Peterson, Fearey, Shoda. Enhancing Stress Management Coping Skills Using Induced Affect and Collaborative Daily Assessment. *Cognitive and Behavioral Practice*. 2Vol 24, Iss 2, 017. 226-244.

¹⁸³ Norman Wirzba and Wendell Berry. *Living The Sabbath: Discovering The Rhythms Of Rest and Delight*. Brazos Press. 2014. 26.

¹⁸⁴ Scazzero. *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and The World*. Grand Rapids, Michigan: Zondervan. 2015. 146.

¹⁸⁵ *Ibid.*, 27.

How do missionaries improve their sabbatical delight? Looking at their inner lives and allowing God to transform them through the working of the Holy Spirit, from the inside out, helps them to build stronger and healthier foundation. They should practice the Sabbath on a regular basis: a weekly 24-hour period in which they cease all work, rest, delight in God's gift, and enjoy life with Him. This will improve their emotional health.

Missionaries should research books on keeping the Sabbath, then identify a block of time that is good for them to commit to study—a consistent Sabbath day. A consistent Sabbath day is essential for creating a meaningful and balanced rhythm of work and rest in their weeks.¹⁸⁶ They should also make a list of what brings them delight, prepare ahead, and set boundaries by identifying what they will and will not allow to be part of their resting day. Observing the Sabbath day is a commandment from God. The Sabbath day should be observed by keeping it holy, as the Lord our God has commanded his people.¹⁸⁷ God invites us to revel, dance, and sing like the ancient Israelites when they were delivered from Egyptian slavery.¹⁸⁸ Missionaries can learn from this discipline by developing the habit of setting aside a day every week for the Sabbath. Member care agencies should embed Sabbath practice in missionaries' weekly schedule and make Sabbath observance a mandatory practice. Through this weekly practice, we defy every influence that defines us either by our leadership role or our productivity.¹⁸⁹ When asked if

¹⁸⁶ Scazzero. *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and The World*. Grand Rapids, Michigan: Zondervan. 2015. 167.

¹⁸⁷ Deuteronomy 5:12

¹⁸⁸ Scazzero. *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and The World*. Grand Rapids, Michigan: Zondervan. 2015. 159.

¹⁸⁹ *Ibid.*

they were able to maintain emotional equilibrium while continually juggling their roles on the mission field, 14% stated “no,” and 41% percent stated most of the time. That is 55% of missionaries that would greatly benefit from regular Sabbatical practices.

Emotional Resilience

Emotional resilience is key to good emotional health, so a missionary must yearn to develop coping skills to reach optimum emotional health. Thirty percent of the missionaries reported that they experienced some form of burnout that contributed to their emotional health concerns and 60% stated that they were overworked and did not have adequate time to participate in other activities; however, one must exercise some self-mastery: learn to accept and understand self and what makes one tick, turning challenges into opportunities.¹⁹⁰ Missionaries can implement coping skills in daily routine such as meditation, breathing and relaxation techniques, and low impact exercises. The process of implementing such a program lies in the missionary’s desire to want greater reach for God and a stronger bond with community and family.¹⁹¹

Nutritional and Physical Wellness

Nutritional Wellness

Nutritional status describes the state of a person’s health in relation to the nutrients in his/her diet and subsequently within his/her body.¹⁹² Poor health results when nutritional intakes are not enough for the body’s baseline nutritional requirements.¹⁹³ The body requires proper

¹⁹⁰ Peter Ellis. *Emotional Resilience*. Journal of Wounds UK, 2018. 14(1): 56-57.

¹⁹¹ Mandy Clader-Day. *How To Develop Your Emotional Resilience?* Nursing Standards. London. Vol. 31, Iss. 13, (Nov 23, 2016): 35. DOI:10.7748/ns.31.13.35.s40.

¹⁹² Langley-Evans. *Nutrition Health and Disease: A Life Span Approach*. Chichester, West Sussex, UK. Second Edition. 2015.2.

¹⁹³ Ibid.

nutrients for good health and to function at its optimum capacity (See Table XIII). Oftentimes, missionaries are concerned about feeding and caring for those they are sent to witness to, with little to no concern about their own nutritional care. The Qualtrics Survey revealed that approximately 12% of missionaries either did not have a balanced meal or had one balanced meal per day. This data is significant and indicates the need for sending agencies and missionaries to prepare for nutrition intake on the ground prior to mobilization. This section on nutritional wellness looks at ways a missionary can receive balanced meals and develop a plan for balanced nutritional intake called the Missionary NutriPack Guide.

Nutritional Wellness and You

NutriPack Guide

Forty percent of the missionaries indicated in The Qualtrics Survey that their main concern is nutrition and physical wellness. Therefore, a nutritional plan that assists with meal preparation in advance and gives them access to local produce and or the NutriPack, will greatly improve their overall nutritional wellness. Missionaries who are able to prepare their own meals should plan meals in advance and freeze them for days ahead when possible. Locals are often good resources for finding local produce and markets that offers fruits, vegetables, meats, fish, and other foods.

The Missionary NutriPack Guide is used to supplement missionaries' daily nutritional intake, it includes nutraceutical supplements to be combined with natural food intake. The term *nutraceutical* was coined from combining the terms *nutrition* and *pharmaceutical* by Stephen De Felice, founder and chairman of the Foundation for Innovation in Medicine in 1989.¹⁹⁴

Nutraceutical can be defined as a food that provides medical or health benefits, including the

¹⁹⁴ Debasis Bagchi, Harry G. Preuss and Anand Swaroop. Nutraceuticals and Functional Foods in Human Health and Disease Prevention: Taylor and Francis Group: 2016.61.

prevention and treatment of disease (Das et al., 2012).¹⁹⁵ The NutriPack is used as a nutrient balance supplement when nutrition is poor or simply to maintain nutritional health.

Nutraceuticals are easy to pack and can be very beneficial for missionaries on the go to supplement nutrition. Prior to the mission trip, a physical examination by a medical professional is done and includes complete blood count, urinalysis, and laboratory chemistry panels to determine present health level and biochemical composition of body. Missionaries should always seek the advice of their medical doctor before taking the NutriPack. The medical and lab information is then used as a guideline for the administration of the NutriPack. For example, if missionaries are frequently getting colds and are in relatively good health, they should try taking vitamin C or increase the intake of foods with vitamin C. Also, if diet is high in starch and low in proteins, they should add whey protein to diet (see Table XIII below).

¹⁹⁵ Ibid.

Table XIII. NutriPack Guide¹⁹⁶

Source Benefits	Nutraceutical	Natural Foods	What To Pre-Pack?	In Field Nutrient Source
<ul style="list-style-type: none"> ●Essential for growth and maintaining body tissue, bones, teeth and vision, teeth, gum etc. 	Vitamin A	<ul style="list-style-type: none"> ●Beef liver, lamb liver, liver sausage, mackerel, salmon etc. 	<ul style="list-style-type: none"> ●Cod liver oil gels 	Local meats and fish
<ul style="list-style-type: none"> ●Essential for healthy nervous system, hair, skin, nails vision, energy, etc. 	<ul style="list-style-type: none"> ●Vitamin B Complex 	<ul style="list-style-type: none"> ●Mainly found in meats, dairy, nuts, legumes, whole grains and milk etc. 	<ul style="list-style-type: none"> ●Nuts, packaged powered milk, whole grains ●Vitamin C gels or capsules 	<ul style="list-style-type: none"> ●Milk sources, meats whole grains and dairy products
<ul style="list-style-type: none"> ●Hair, skin, nails, immune system, wound healing, helps with disease resistance etc. 	<ul style="list-style-type: none"> ●Vitamin C 	<ul style="list-style-type: none"> ●Citrus fruits, Broccoli, Papaya, Kale, Brussel Sprouts etc. 	<ul style="list-style-type: none"> ●Vitamin C gels or capsules 	<ul style="list-style-type: none"> ●Local grown fruits and vegetables
<ul style="list-style-type: none"> ●Strong Bones and Teeth ●Absorbs calcium 	<ul style="list-style-type: none"> ●Vitamin D 	<ul style="list-style-type: none"> ●Sunlight, dairy products, 	<ul style="list-style-type: none"> ●Vitamin D ointment, vitamin D capsules or gels 	<ul style="list-style-type: none"> ●Spend time in the sun for vitamin D. Wear long sleeves when necessary and use full spectrum sunscreen
<ul style="list-style-type: none"> ●Moisturizing skin, wound healing, eczema, psoriasis, itching etc. 	<ul style="list-style-type: none"> ●Vitamin E 	<ul style="list-style-type: none"> ●Sunflower seed, wheat germ, hazel nut, almonds, etc. 	<ul style="list-style-type: none"> ●Vitamin E ointment, nuts, vitamin E capsules or capsules. 	Local grown nuts and seeds
<ul style="list-style-type: none"> ●For overall Health - include all vitamin source- Take one per day or as recommended by your physician 	<ul style="list-style-type: none"> ●Multi-Vitamins 	<ul style="list-style-type: none"> ●Multi-vitamins can be found in food in varying amount 	<ul style="list-style-type: none"> ●Package multi-vitamins for age range 	Try to eat a balanced meal and supplement with multi-vitamins capsules
<ul style="list-style-type: none"> ●Great source of bone health and blood cells. ●Trace minerals include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium. 	<ul style="list-style-type: none"> ●Trace Minerals 	<ul style="list-style-type: none"> ●Iodide salt, organ meat, meats, fish, shellfish, broccoli, nuts, seeds, legumes etc. 	<ul style="list-style-type: none"> ●Trace minerals liquids and capsules 	Local meats, fish, nuts, seeds and vegetables
<ul style="list-style-type: none"> ●Brain function 	<ul style="list-style-type: none"> ●Omega Fatty Acids 	<ul style="list-style-type: none"> ●Salmon, mackerel, sardines, herring, cod liver oil, flax- seeds, walnuts etc. 	<ul style="list-style-type: none"> ●Cod liver oil gels, omega fatty acid gels, walnuts, flaxseeds etc. 	Local fish, nuts and seeds
<ul style="list-style-type: none"> ●Offers some protection from free radical damages 	<ul style="list-style-type: none"> ●Antioxidants 	<ul style="list-style-type: none"> ●Dark chocolate, blueberries, pecans, artichokes, goji berries, strawberries etc. 	<ul style="list-style-type: none"> ●Antioxidants soft gels 	Local fruits
<ul style="list-style-type: none"> ●Water – is essential for hydration, flushing toxins from body, regulates body temperature, transports nutrients and oxygen to and from cells. ●Fluoride – strong bones and teeth 	N/A	<ul style="list-style-type: none"> ●Bottled Water 		<ul style="list-style-type: none"> ●When necessary, buy bottled water ●Daily recommendation of eight 8-ounce glass per day
<ul style="list-style-type: none"> ●Building block of bones, muscles, cartilage, skin and blood ●builds and repairs tissue 	<ul style="list-style-type: none"> ●Protein 	<ul style="list-style-type: none"> ●Meats, beans, cheese, yogurt, eggs, nuts and seeds 	<ul style="list-style-type: none"> ●Protein power, capsules, packaged powered milk 	Local dairy, nuts and seeds

¹⁹⁶ Table XIII. Developed by author Angela Williams, Liberty University Rawlings School of Divinity. Doctor of Ministry Student. 2018.

Vitamin B complex is made up of B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B12 (cyanocobalamin), folic acid, and biotin.¹⁹⁷

The NutriPack contains standard over-the-counter nutraceuticals that are used to supplement the missionaries' nutrition. This nutritional guide contains, but is not limited to, omega fatty acids (such as fish oil, krill oil) vital for brain function and development, age-appropriate multivitamins, vitamin D for strong bones, trace minerals to help re-balance the body, and antioxidants to help protect cells from free radical damage.

Physical Wellness

Physical wellness is important for missionaries to maintain long-term health benefits by reducing their risks of developing diseases and increasing productivity through physical fitness programs. Physical fitness is simply defined as the capacity to do physical work.¹⁹⁸ The body is the temple of God; thus, missionaries are called to love and to serve with all their hearts, souls, and strength (Deut. 6:5). When we talk about fitness as a means with which we become useful to God, fitness is not about avoiding disease; it is about avoiding frailty.¹⁹⁹ This research identifies 52% of missionaries who would like more information on exercise and fitness and 34% of missionaries who could benefit from regular physical exercise activities.

Being physically unwell can be contributed to an array of medical problems, such as stress, burnout, depression and other ailments. Harvard Medical School psychiatry professor John Ratey, author of *Spark: The Revolutionary New Science of Exercise and the Brain*, has

¹⁹⁷ Vitamin D Complex. Table XIII. Nutri Pack Guide.

¹⁹⁸ John Kokkinos. *Physical Fitness Evaluation: American Journal of Lifestyle Medicine*: January 2014

¹⁹⁹ Thomas. *Every Body Matters: Strengthening Your Body To Strengthen Your Soul*: Grand Rapids, MI: Zondervan. 2011, 114.

found that regular physical activity not only improves brain function but also helps to combat depression and anxiety.²⁰⁰ According to the U.S. Department of Health and Human Services, adults age 18-65 should exercise at least two and a half hours (150 minutes) each week, doing moderate intensity aerobic physical activity along with strengthening activities at least two days per week.²⁰¹ To prepare missionaries for a regular fitness regimen, this thesis project includes a plan that to support their missionary lifestyle that accommodates mission work, family, and the community they serve in to glorify God (see Table XIV).

Physical Wellness and You

The PhysioBook Workout

This physical wellness model allows member care to assess the missionaries either during pre-mission planning, but the missionaries can also conduct a self-assessment on their own time. Prior to deployment, missionaries undergo a simple and effective physical exercise analysis by a healthcare provider designed to assess strength endurance, stamina, and overall physical health. Prior to the mission trip, missionaries can secure fitness videos, exercise-related diagrams or charts, simple exercise materials (jump rope, resistance bands, dumbbells, workout clothing, running shoes etc.), and any prescribed exercise routines from a health professional. The PhysioBook Workout in Table XIV offers a format for daily exercise routines to help missionaries' physical well-being while working cross-culturally on the mission field.

It is vital to health that the missionaries combine aerobic, muscle strengthening and bone

²⁰⁰ Thomas. *Every Body Matters: Strengthening Your Body To Strengthen Your Soul*: Grand Rapids, MI: Zondervan. 2011, 115.

²⁰¹ Physical Activity Guidelines for Americans. Office of Disease Prevention and Health Promotion. <https://www.health.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html>.

strengthening exercises to improve overall health and well-being. Aerobic exercise includes cycling, running, jumping jacks, Zumba, and swimming. The main aim of the aerobic exercise is to improve cartilage quality in addition to the general health effects of aerobic physical activity.²⁰² Muscle strengthening exercise focuses on the major muscle groups in the body and includes lifting weights, sit-ups, and push-ups. Muscle strengthening exercises target different muscles, follow different paths of motion, and result in distinct movement dynamics.²⁰³ This type of exercise helps the missionaries to be more flexible and physically stronger in doing their daily work. Bone strengthening exercise includes squats, leg lift, walking, running, Zumba, lifting weights and high impact exercises. Several studies indicate that various exercise training programs can be associated with improvements in bone mass and can reduce fall-related fractures due to improvement in muscular strength.²⁰⁴


²⁰² Mary Arna Risberg. *Efficacy of Strength and Aerobic Exercise on Patient-Reported Outcomes and Structural Changes in Patients with Knee Osteoarthritis*: BMC Musculoskeletal Disorder. 2013.

²⁰³ Igor Pernek et al., *Recognizing The Intensity Of Strength Training Exercises With Wearable Sensors*. Journal of Biomedical Informatics. 2015.154.

²⁰⁴ Hande Basat, Sina Esmailzadeh and Nurten Eskiuyurt. *The Effects Of Strengthening And High-Impact Exercises On Bone Metabolism And Quality Of Life In Postmenopausal Women: A Randomized Controlled Trial*. Physical Medicine And Rehabilitation, Istanbul Faculty of Medicine, Istanbul University, Istanbul. Journal of Back and Musculoskeletal Rehabilitation. 2013.

Table XIV.

The PhysioBook Workout²⁰⁵

	Physical Exam? Yes or No	A.M. Exercise Routine	Mid-Day Exercise Routine (Optional)	P.M. Exercise Routine
<p>*Full medical examination completed by a medical professional</p> <p>**Consult your primary care physician before participation in any physical exercise programs.</p>	<p>YES, proceed with next step</p> <p>NO, Medical professional must be seen before continuation with this program</p>	<p>8 Steps - A.M. Fitness – Relaxation-</p> <ol style="list-style-type: none"> 1. Breathing techniques – 5 Min 2. Stretching – 5 Min 3. 1 min High Knee Cardio - 4. 1 min jumping jacks 5. 1 min run in place Strengthening- 6. 1 min. Hands up and down motion using weights 7. 1 min Leg lifts 8. 1 Min Jump Squats <p>***Drink Water and Stretch</p>	<p>8 Steps – Noon Fitness Relaxation-</p> <ol style="list-style-type: none"> 1. Breathing techniques – 5 Min 2. Stretching – 5 Min 3. 1 min High Knee Cardio - 4. 1 min jumping jacks 5. 1 min run in place Strengthening- 6. 1 min. Hands up and down motion using weights 7. 1 min Leg lifts 8. 1 Min Jump Squats <p>***Drink Water and Stretch</p>	<p>8 Steps - P.M. Fitness Relaxation-</p> <ol style="list-style-type: none"> 1. Breathing techniques – 5 Min 2. Stretching – 5 Min 3. 1 min High Knee Cardio - 4. 1 min jumping jacks 5. 1 min run in place Strengthening- 6. 1 min. Hands up and down motion using 5 or 10 lb. weights 7. 1 min Leg lifts 8. 1 Min Jump Squats <p>***Drink Water and Stretch</p>
<p>* Consult a primary care physician for health examination prior to mission trip. ** If Medical examination was not performed prior to mission trip, you may visit a local accepted group or communicate with homeland medical professional. *** Drink Eight 8-ounce glasses of water daily and stretch before and after exercising</p>				

²⁰⁵ Table XIV. The PhysioBook Workout author Angela Williams, Liberty University Rawlings School of Divinity. Doctor of Ministry Student. 2018.

CHAPTER 5

MENTAL, ENVIRONMENTAL AND SPIRITUAL WELLNESS AND YOU

Overview

Chapter Five continues with the development of a wholistic framework for Christian missionaries and aims to connect mind, body, and spirit for healthier living on the mission field. This chapter outlines solutions that can be used as guidelines for the mental, environmental, and spiritual wellness of missionaries serving cross-culturally. The Qualtrics data collection from Chapter Three is then analyzed and interpreted to develop the wholistic framework to support field missionaries. Finally, the conclusion discusses the overall research findings of this thesis and concludes on application and practical usage in supporting missionaries working in different cultural contexts.

Wholistic Lifestyle Framework

Psychological assessments are effective in determining missionaries' mental health and should be administered before any treatment plan. It is important to understand the myriad of mental health concerns missionaries might have and how to assist with appropriate treatment by conducting the necessary assessments to assist with the development of a wholistic lifestyle framework model. The Myers-Briggs assessment completed at the beginning of Chapter Four provides sending agencies, churches, and missionaries with an understanding of personality preference, growth, development, and differences between people.

Next, the Minnesota Multiphasic Personality Inventory (MMPI-2) test is administered to identify responses to psychological problems and help missionaries form a wholistic treatment plan. The MMPI-2 identifies personal, social, and behavioral issues in people. The assessment takes approximately 90 minutes to complete.

Many mission agencies, churches and other mission organizations recognize that the demands of missionary work can affect missionaries detrimentally, both physically and psychologically.²⁰⁶

Mental Wellness

Mental health is generally understood to be the state of personal well-being that allows an individual to function successfully in daily life.²⁰⁷ When personal well-being is compromised by certain psychological factors, missionaries are not able to function at their maximum capacity. While depression is often manifested in specific symptoms such as sadness, fatigue, hopelessness, and difficulty concentrating (Lepine & Briley, 2011), anxiety is often manifested in a wider variety of symptoms that are less specific than those of depression, such as stress, obsessive compulsive symptoms, insomnia, and panic disorder (Kendler & Gardner, 2011).²⁰⁸ Research on missionaries, member care, and missionary mental health provision shows that missionaries possess unique characteristics, stressors, and needs, requiring that missionary mental health provision be tailored to recognize and treat this specialized population.²⁰⁹

Missionaries should plan one to two years in advance of their trip and include mental illness assessments and appropriate counseling as part of their preparation package. Illness such as mood disorders (depression, bi-polar disorders, etc.) and learning disorders (ADD, ADHD etc.), should be discussed with and treated by a professional after diagnosis. The stigma of mental health issues is far-reaching, making mental health difficult for many missionaries to talk

²⁰⁶ Christopher H. Rosik and Natalia I. Borisov. "Can Specific MMPI-2 Scales Predict Treatment Response Among Missionaries?" *Journal of Psychology and Theology; La Mirada* Vol. 38, Iss. 3, (Fall 2010): 195-204.

²⁰⁷ Miranda Herbert Ferrara and Michele P. LaMeau. *Health and Wellness. Life and Career Skills Series. Vol. 3.* Farmington Hills, MI: Gale, 2015. pp. 343-349. 2015.

²⁰⁸ Strand, Lauren M. Pinkston, Alice I. Chen, Jarrett W. Richardson. "Mental Health of Cross-Cultural Healthcare Missionaries." *Journal of Psychology and Theology; La Mirada* Vol. 43, Iss. 4, (Winter 2015): 283-293.

²⁰⁹ Keckler, Moriarty and Blagen. A Qualitative Study on Comprehensive missionary Wellness. *Journal of Psychology and Christianity.*

about publicly. In part, it is the responsibility of both sending agencies and missionaries to educate themselves on mental illnesses. Sending agencies should direct missionaries to the proper resources and seek appropriate support for them during pre-planning and as they work in the field.

Care and Counseling Wellness Model

To address the mental health concerns missionaries face prior to mission trips and on the mission field, a wellness program has been formulated for mental wellness. The Care and Counseling Wellness Model affords missionaries the opportunity to work closely with their sending church, their church in the field, and pastoral counselors to address psychological concerns. This program has a four-step process that includes Psychological Assessment, Member Care and Mentorship, Pastoral Counseling, and The Online Referral Notebook.

There is much that individuals themselves can do to get and stay well, however, and counselors can also promote with their clients and through programmatic offerings.²¹⁰ Counselors, then, need to help people learn how to use their knowledge, awareness, and skills to function effectively interpersonally and in the range of other environments in their lives.²¹¹ This means that health and prevention goals apply both to missionaries and the environment in which they serve to help promote mental wellness. This wellness model can be used as a preventative

²¹⁰ Conyne. *Counseling For Wellness and Prevention: Helping People Become Empowered in Systems and Settings*. Third Edition, 2015. New York, NY. 5.

²¹¹ *Ibid.*, 6.

or treatment approach to stressors, burnout, anxiety, depression, and other illnesses associated with mental health. The wellness model offers missionaries psychological assessments, member care services, mentorship assistance, pastoral counseling, and an online referral resource services prior to mission trip and service in the field.

Psychological Assessment

An effective psychological assessment process for missionary candidates is helpful in reducing attrition.²¹² Chapter Two referenced the importance of psychological assessments to better understand the mental state and personality preferences of missionaries prior to mission trips as well as the importance of continued care while working in the field. The Myers Briggs Type Indicator (MBTI) assessment test discussed in chapter four is employed to assess missionaries coping mechanisms and to establish if working on the mission field is the right fit for the missionary.

The Minnesota Multiphasic Personality Inventory (MMPI--2) assessment test was developed for psychological disorders and administered at the onset of candidacy for missions to determine personality type and psychopathology. The assessment consists of 567 questions in a true/false format that can be completed in a 60 to 90-minute timeframe. There are 10 trait scales on the test that looks at different behavioral patterns, beliefs, and attitudes. It is recommended that more than one psychological assessment be used to determine personality type and psychopathy. Therefore, Schubert and Gantner recommend that the MMPI not be used exclusively in candidate screening and that the best selection results would be achieved when the

²¹² Dimos, Edwards, Vana, and Hasz. *Psychological Type Of American Evangelical Missionary Candidates*. *Mental Health, Religion and Culture*, (2016), accessed May 28, 2018, <https://doiorg.ezproxy.liberty.edu/10.1080/13674676.2015.1135420>.

test was used in unison with other assessment instruments.²¹³ The MMPI-2 has been comprehensively studied and shown to provide objective data in regards to both personality and psychopathy (Bridges & Baum, 2013).²¹⁴ MMPI-2 data could help improve the odds that missionaries well-suited for missional work are placed on the mission field.²¹⁵

Member Care

Once the psychological assessments are administered and the results reviewed with the missionaries, churches and or sending agencies, a program can then be put in place to assist missionaries with mental health care assistance and mission placement early in the process. The psychological health of missionaries is crucial and must be assessed thoroughly and effectively. The mental health services currently offered to missionaries range from crisis intervention to treatment consultations and counseling.²¹⁶ Member care or sending agencies should create ongoing programs that allow missionaries to utilize care and counseling services and community-based programs on and off the mission field. The role of churches and sending agencies is to provide adequate member care support to keep missionaries afloat provide mentorship on the ground from recruitment through retirement.

While member care is a multidisciplinary concept that addresses all aspects of the missionaries' physical, emotional, and spiritual health, the focus of member care services is

²¹³ Christopher H. Rosik et al., *Toward Normative MMPI-2 Profiles for Evangelical Missionaries in Candidate and Clinical Settings: Examining Differences by Setting, Generation, and Marital Status*. *Journal of Psychology and Theology*. La Mirada Vol. 44, Iss. 4, (Winter 2016): 315-328.

²¹⁴ Ibid.

²¹⁵ Ibid.

²¹⁶ Schwandt and Moriarty. *What Have The Past 25 Years Of Member Care Research Taught Us? An Overview of Missionary Mental Health and Member Care Services: American Society of Missiology. An International Review*. (July 2008), accessed July 10, 2018. <http://journals.sagepub.com.ezproxy.liberty.edu/doi/abs/10.1177/009182960803600304>.

addressing issues related to psychological health and well-being.²¹⁷ Member care should assign a specific team or person to each missionary to mentor and support him/her. Missionaries should know before deployment what services member care offers, such as counseling services overseas, conferences, information for furloughs, retreats, mentorship, and ongoing support for mental wellness with burnout, stressors, family concerns, and clinical disorders.

One way of communicating is via e-consultation format to expedite the process and find appropriate care in a timely manner. Member care should also provide opportunities for conferences and retreats to educate missionaries further on mental health and give them opportunities to rest and rejuvenate their minds, bodies, and spirits. Mentorship for missionaries who are new in the field should be a must. Mentoring should be ongoing throughout their career and should be assigned to someone with whom they have prior affiliation in the ministry (when possible). Mentoring can be used both to support new workers as they transition into their roles and to monitor their mental health.²¹⁸

Pastoral Counseling

Pastoral counseling is an approach to mental health care that draws on the wisdom of psychology and behavioral sciences alongside spirituality/religion/theology.²¹⁹ Missionaries should be directed to a pastoral counselor whenever possible to develop a treatment plan that uniquely addresses their concerns. The goal of the pastoral counselor is to help the missionary

²¹⁷ Camp et al., *Missionary Perspective On The Effectiveness Of Current Member Care Practices*. *Journal of Psychology and Theology*, 359: (Winter 2014), accessed May 27, 2018, <https://search-proquest-com.ezproxy.liberty.edu/docview/1735314507?pq-origsite=summon&accountid=12085>

²¹⁸ Strand et al., *Mental Health of Cross-Cultural Healthcare Missionaries* *Journal of Psychology and Theology*; *La Mirada* Vol. 43, Iss. 4, (Winter 2015): 283-293.

²¹⁹ Elizabeth A. Maynard and Jill L. Snodgrass. *Understanding Pastoral Counseling*. Springer Publishing Company. 2015.5.

through scriptural references to develop coping mechanisms to deal with crisis, deepen his/her relationship with God and self, and strive for better mental wellness. Pastoral counseling focuses on the promotion of well-being, symptom alleviation, bettering coping methods, positive behavior changes, and improved relationships with self and others, and it “regard[s] changes within one’s spiritual life, one’s values, meanings, and ultimate commitments as central.”²²⁰ Mental wellness and prevention focus should be paramount for the missionary as he/she proceeds with counseling and flourishes towards healing and wholesomeness.

The Missionary Online Referral Notebook

Missionaries can use the Online Referral Notebook (Table XV) to access immediate care while on the field. It provides national and international counseling and referral assistance for psychological assessments, intervention in crises, conferences, retreats, and other modalities to reduce or eliminate mental health issues. The online notebook is easy for missionaries to access via telephone or email without consulting member care or pastoral counselor.

²²⁰ Ibid.

Table XV – The Missionary Online Referral Notebook²²¹

National (USA)	International
Substance Abuse and Mental Health Services 1-800-487-4889 www.samhsa.gov/find-help	Olive Tree Counseling Center Antalya, Turkey +90 (532) 057 33 45 info@www.olivetrecounseling.org
Missionary Care Wilmore, Kentucky 1859-858-3436 ron@misionarycare.com www.misionarycare.com	Tumaini Counselling Centres Nairobi, Kenya 254-733-687050 clinicalasst.ac@aimint.org www.tumainicounselling.net
American Mental Wellness Association Marysville PA 1-717-957-3432 1800-273-TALK (crisis line) Info@americanmentalwellness.org www.americanmentalwellness.org	Tumaini Counselling Centres Kampala, Uganda +256 787 522 868 or +256 702 780 276 tumaini.kampala.ac@aimint.org www.tumainicounselling.net
International Medical Corps Washington, DC 1-202-828-5155 Inquiry@internationalmedicalcorps.org www.internationalmedicalcorps.org	International Medical Corps London, England +44 (0) 207 253 0001 Info@internationalmedicalcorps.org.uk www.internationalmedicalcorps.org.uk
Regents University School of Psychology & Counseling Online training: psychology & mental health http://traumastudiesregent.skilljar.com/	Cornerstone Counseling Foundation Chiang Mai, Thailand (66)53-262-136 or (66)81-960-8242 intake@ccfthailand.org www.ccfthailand.org
Headington Institute Pasadena, California 626-229-9336 info@headington-institute.org www.headington-institute.org	The Well International Chiang Mai, Thailand + 66 53-131-247 (international) 053-131-247 (local) www.thewellintl.org
Alongside Richland, Michigan, USA 1-866-944-3011 www.alongsidecares.net	International Therapist Directory josh@internationaltherapistdirectory.com http://internationaltherapistdirectory.com

²²¹ Table XV. The Missionary Online Referral Notebook author Angela Williams, Liberty University Rawlings School of Divinity. Doctor of Ministry Student. 2018.

Environmental Wellness

Environmental wellness is considered one of the seven dimensions of wellness.²²² Academic research in the field pertaining to missionaries and environmental wellness is, however, limited. The Qualtrics Survey results indicated that there is some concern on environmental health, in the areas of noise, air and water pollution, extreme temperature, rough terrain, drought, flooding, hurricanes etc. Solutions for the varied number of environmental concerns for missionaries are difficult to resolve, as each country and region has its own unique environmental problems. This wholistic framework encourages missionaries to first research the geography of the country pre-mission trip and assess environmental conditions as best as possible prior to mobilization. To alleviate some of the environmental concerns, missionaries can pack supplies (such as ear plugs, fans, water bottles, medication, water boots, outdoor wear, sun shades, sun block, and good, supporting shoes) to better support their lifestyle while living and working cross-culturally in the elements.

Spiritual Wellness

Spiritual dimension is defined as a positive sense of meaning and purpose in life.²²³ Spiritual dimension applies to spiritual wellness maintained by practicing spiritual disciplines through the work of the Holy Spirit. When spiritual disciplines are in place, spiritual formation are in place and spiritual wellness is achieved. Spiritual disciplines are important in the life of Christian missionaries to maintain healthy spiritual living. Whitney states that spiritual disciplines are habits of devotion and experiential Christianity and are practiced by the people of

²²² J Baird Callicott. *Environmental Wellness*. Literature and medicine. Vol . 15, Iss. 1 1996:146.

²²³ T.B. Adams et al., *Conceptualization and measurement of the spiritual and psychological dimensions of wellness in a college population*. School of Applied Health and Educational Psychology, Oklahoma State University, Stillwater, USA. Journal Of American College Health: J Of ACH [J Am Coll Health] 2000 Jan; Vol. 48 (4), pp. 165-73.

God.²²⁴ The Qualtrics Survey revealed that 47% of missionaries would like to improve their spiritual health; that is a large percentage of missionaries that need support in this area.

There is little research on the spiritual wellness of missionaries or a model to assist them in growing and maturing in Christ while on the mission field. In the framework definition of spiritual well-being (SWB) proposed by the National Interfaith Coalition on Aging (NICA) in Washington, DC, four main themes appeared as SWB was deemed as “the affirmation of life in a relationship with God, self, community and environment that nurtures and celebrates wholeness.”²²⁵

It is vital that a framework is developed to help strengthen missionaries’ spiritual wellness. The framework should include prayer, regular Bible intake, journaling, fasting, worshipping, and other spiritual disciplines at various stages to help them mature in Christ and to enrich their lives on and off the mission field. God has given us the spiritual disciplines as a means of receiving his grace and growing in godliness.²²⁶ Whitney describes this growing in godliness as a spiritual exercise for the soul.

²²⁴ Whitney. *Spiritual Disciplines For The Christian Life*: Colorado Springs, CO: NavPress Publications. 1991.117.

²²⁵ John Fisher. Religions. *The Four Domains Model: Connecting Spirituality, Health and Well-Being*. www.mdpi.com/journal/religions Article. School of Education, University of Ballarat, Victoria, Australia. 2011.

²²⁶ Whitney. *Spiritual Disciplines For The Christian Life*: Colorado Springs, CO: NavPress Publications. 1991. 18.

Spiritual Dimensions of Wellness Model

Figure VII. Spiritual Dimensions of Wellness Model²²⁷



This Spiritual Dimensions of Wellness Model for missionaries places the Holy Spirit at the center of the wellness model. Through the power of the Holy Spirit, missionaries can develop and strengthen the spiritual disciplines to live healthier Christian lives. Spiritual disciplines are the God-given means we are to use in the Spirit-filled pursuit of Godliness.²²⁸ With the indwelling presence of the Holy Spirit, they are no longer subject to the whims of fate but are in a position to be systematically transformed into men and women who think and act like

²²⁷ Figure VII. Spiritual Dimensions of Wellness Model author Angela Williams, Liberty University Rawlings School of Divinity. Doctor of Ministry Student. 2018.

²²⁸ Whitney. *Spiritual Disciplines For The Christian Life*: Colorado Springs, CO: NavPress Publications. 1991. 17.

Christ.²²⁹ Allowing the Holy Spirit to guide them, missionaries can improve the spiritual disciplines and become more Christ-like in their daily walk to improve spiritual well-being. In Kenneth Boa's book, *Conformed To His Image*, Richard J. Foster develops a threefold typology of inward disciplines (meditation, prayer, fasting, and study), outward disciplines (solitude, simplicity, submission, and service), and corporate disciplines (confession, worship, guidance, and celebration).²³⁰ By incorporating the inward, outward and corporate disciplines missionaries can conform to the image of God daily. In the Spiritual Dimensions of Wellness Model (Figure VII), the disciplines of Bible intake (study), prayer, worship, fasting, service, meditation, silence, stewardship, solitude, fellowship, evangelism and journaling are the primary spiritual disciplines used in this framework. Missionaries may add other spiritual disciplines to strengthen their spiritual lives.

In the Spiritual Dimensions of Wellness Model, Phase 1 includes prayer, Bible intake, meditation, fellowship, stewardship, worship, service, and evangelism. Phase 2 includes fasting, silence, solitude, and journaling. In Phase 1, spiritual disciplines enrich the missionaries' lives by strengthening their relationships with God. Phase 1 can be achieved by incorporating these eight disciplines in daily and weekly living. Phase 2 can be incorporated in their weekly and monthly schedules at designated times to further strengthen them and bring them in closer union with God. It is the practice of spiritual disciplines that matures and develops a missionary's spiritual formation and hence spiritual life. Once spiritual formation is developed through the spiritual disciplines, spiritual wellness flourishes from within.

²²⁹ Henry Blackaby and Richard Blackaby. *Spiritual leadership. Moving People On To God's Agenda*. B and h Publishing Group. Nashville Tennessee. 2011.

²³⁰ Boa. *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation*. Grand Rapids, MI: Zondervan. 2001.82.

CHAPTER 6: CONCLUSION

The findings from the Qualtrics Survey data in Chapter 3 revealed many health and wellness factors that affects missionary's overall lifestyle on the mission field. Busyness was identified as the biggest barrier to social and emotional growth that can lead to isolation, stress. Overworked and other health and lifestyle concerns. A large percentage of missionaries could benefit from improved social and emotional programs to reduce illnesses, improve productivity and subsequently decrease the attrition rate from the mission field.

Nutrition and physical wellness are also areas that need improvement for missionaries and could greatly improve with much planning and preparation prior to mobilization. Missionaries' should create nutrition programs and utilize the NutriPack Guide to supplement nutritional intake. This will help reduce poor diet, fatigue and other ailments cause by nutritional deficiencies. In addition, this thesis identified the need for physical fitness to maintain physical wellness on the mission field. Missionaries should plan, prepare and pack items that will aid in physical exercise workout while working in the field, and consult the PhysioBook Workout as a guide for consistent fitness plan.

This thesis project also identified a great need for missionaries to utilize mentoring programs and pastoral counseling to assist with ongoing care throughout their time in the field. Self-care in the areas of finding time to rest, sleep, eat, spending time with families and others, and most importantly allotting time away from work to read scripture and spend time with God, to grow and mature spiritually. Member care, the church and sending agencies should work more closely to further develop mission programs that includes comprehensive assessments, action plans and a directory for professional services to better serve field missionaries from mobilization to retirement.

This research project developed a comprehensive, wholistic framework for missionaries to connect and integrate mind, body, and spirit in a harmonious manner while working on the mission field. The mind, body, and spirit must work together in harmony to remain healthy and to be fruitful in doing God's work on the mission field. Sending agencies and churches should utilize this framework for missionaries and be readily available to support them through member care programs and resources. In addition, missionaries will need to be more intentional about reaching out for help and utilizing the self-care tools in this thesis to connect mind, body, and spirit wholistically.

The seven dimensions of wellness researched in this thesis project on missionaries' health and wellbeing (social, emotional, nutritional, physical, mental, environmental, and spiritual) gives a sound understanding of the wellness concerns today's missionaries face, and the workbook offers guidelines and resources that will help them live healthier wholistic lifestyles, become more productive, and remain longer on the mission field for years to come. A wholistic lifestyle for Christian missionaries is about living a healthy, meaningful, and purposeful life, glorifying God and proclaiming the gospel message to the world.

This thesis project wholistic framework model may be used in other ministry contexts and secular organizations to improve the health and wellness of individuals.

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APPENDIX A

PERMISSION REQUEST

Date

[Name]

[Address]

[Dear]

As a graduate student in the School of Divinity at Liberty University, I am conducting research to better understand the lifestyle of Christian missionaries worldwide. The title of my research project is *Connecting Mind, Body and Spirit: A Wholistic Lifestyle for Christian Missionaries* and the purpose of my research is to help equip missionaries to live a healthier lifestyle spiritually, emotionally, physically and socially, while serving and bringing the gospel of Jesus Christ, on the mission field.

I am writing to request your assistance with sending the recruitment letter to potential participants in your organization.

Participants will be asked to complete an anonymous survey. The data will be used to assess the health and wellbeing of missionaries serving on the mission field and assist me with the necessary data to develop a workbook on wholistic health and wellness for missionaries.

Participants will be presented with informed consent information prior to participating. Taking part in this study is completely voluntary, and participants are welcome to discontinue participation at any time.

Thank you for considering my request. If you choose to grant permission, please respond by email to awilliams530@liberty.edu.

Sincerely,

Angela Williams
Doctor of Ministry Student (DMIN.)
Liberty University School of Divinity

APPENDIX B

The Liberty University Institutional

Review Board has approved this
document for use from
4/12/2018 to --

Protocol # 3162.041218

CONSENT FORM

Connecting Mind, Body and Spirit: A Wholistic Lifestyle for Christian Missionaries

Angela Williams

Liberty University

School of Divinity

You are invited to be in a research study on cross-cultural missionaries' lifestyle on the mission field. This study will focus on the health and wellbeing of missionaries and seeks to develop a wholistic framework to help sustain the whole person by connecting and integrating the mind, body and spirit in harmony. You were selected as a possible participant because of your work and connection with Christian missionaries, who are serving worldwide to bring the gospel of Christ to all people. Please, read this form and ask any questions you may have before agreeing to be in the study.

Angela Williams is a doctoral candidate in the School of Divinity at Liberty University, is conducting this study.

Background Information: The purpose of this study is to help equip cross-cultural missionaries to live a healthier lifestyle spiritually, emotionally, nutritionally, physically and socially on the mission field. This research will address the problems missionaries face on the mission field that affects their health and wellbeing and will aim to address the reasons why they are leaving the mission field in large numbers. Additionally, this research study will be used to develop a workbook to better prepare and support missionaries that serve globally in diverse contextualization.

Procedures: If you agree to be in this study, I would ask you to do the following things:

1. Take an anonymous survey. This survey should take 15-20 minutes to complete.

Risks: The risks involved in this study are minimal, which means they are equal to the risks you would encounter in everyday life.

Benefits: Participants should not expect to receive a direct benefit from taking part in this study.

Benefits to society include the opportunity to send more missionaries out on the mission field with a well-rounded health and wellness knowledge for better self-care. A healthier lifestyle will translate into longer time on the mission field and hence more productive and quality time for missionaries to spread the gospel of Jesus Christ around the world.

Compensation: Participants will not be compensated for participating in this study.

Confidentiality: The records of this study will be kept private. In any sort of report I might publish, I will not include any information that will make it possible to identify a subject. Research records will be stored securely, and only the researcher will have access to the records.

The Liberty University Institutional

Review Board has approved this
document for use from
4/12/2018 to --

Protocol # 3162.041218

- Data will be stored on a password locked computer and may be used in future presentations. After three years, all electronic records will be deleted.

Voluntary Nature of the Study: Participation in this study is voluntary. Your decision whether or not to participate will not affect your current or future relations with Liberty University. If you decide to participate, you are free to not answer any question or withdraw at any time without affecting those relationships.

How to Withdraw from the Study: If you choose to withdraw from the study, please exit the survey and close your internet browser. Your responses will not be recorded or included in the study.

Contacts and Questions: The researcher conducting this study is Angela Williams. You may ask any questions you have now. If you have questions later, **you are encouraged** to contact her at awilliams530@liberty.edu. You may also contact the researcher's faculty chair, Dr. Mario Garcia at mgarcia3@liberty.edu.

If you have any questions or concerns regarding this study and would like to talk to someone other than the researcher, **you are encouraged** to contact the Institutional Review Board, 1971 University Blvd., Green Hall Ste. 1887, Lynchburg, VA 24515 or email at irb@liberty.edu.

Please notify the researcher if you would like a copy of this information for your records.

Statement of Consent: I have read and understood the above information. I have asked questions and have received answers. I consent to participate in the study.

APPENDIX C
RECRUITMENT LETTER

[Date]

[Recipient]

[Title]

[Company]

[Address]

Dear [Recipient]:

As a graduate student in the School of Divinity at Liberty University, I am conducting research to better understand the lifestyle of Christian missionaries worldwide. The title of my research project is *Connecting Mind, Body and Spirit: A Wholistic Lifestyle for Christian Missionaries*. The purpose of my research is to better equip missionaries to live a healthier lifestyle psychologically, emotionally, socially, nutritionally, physically and spiritually, while serving and bringing the gospel of Jesus Christ to the mission field. The data will be used to assess the health and wellbeing of missionaries serving on the mission field and assist me with the necessary data to develop a workbook on wholistic health and wellness for missionaries.

If you are a male or a female age 18 years or older, I am writing to invite you to participate in my study.

If you choose to participate, you will be asked to complete a survey. It should take approximately 15 -20 minutes for you to complete the procedure listed. Your participation will be completely anonymous, and no personal, identifying information will be required.

To participate, click on the survey link [here](#).

A consent document is provided as the first page you will see after you click on the survey link. The consent form contains additional information about my research. Please click on the survey link at the end of the consent information to indicate that you have read the consent information and would like to take part in the survey.

Sincerely,

Angela Williams
Doctor of Ministry Student (DMIN.)
Liberty University School of Divinity

APPENDIX D
RECRUITMENT LETTER FOLLOW-UP

[Date]

[Name]

[Address]

[Dear]

As a graduate student in the School of Divinity at Liberty University, I am conducting research to better understand the lifestyle of Christian missionaries worldwide. Last week, an email containing a recruitment letter was sent to you inviting you to participate in a research study. This follow-up email is being sent to remind you to complete the survey if you would like to participate and have not already done so. The deadline for participation is [Date].

If you choose to participate, you will be asked to complete a survey. It should take approximately 15 -20 minutes for you to complete the procedures listed. Your participation will be completely anonymous, and no personal, identifying information will be required.

To participate in the survey, please go to [Qualtric's webpage] and click on the link provided.

The informed consent document contains additional information about my research. Please click on the survey link at the end of the informed consent document to indicate that you have read it and would like to take part in the survey.

Sincerely,

Angela Williams
Doctor of Ministry (DMIN) Candidate

**APPENDIX E: QUESTIONNAIRE
QUESTIONNAIRE**

Connecting Mind, Body and Spirit: A Wholistic Lifestyle for Christian Missionaries

Missionary Health and Wellness Survey

1. What is your gender and age group?
 - a. Female: 18-24 Male: 18-24
 - b. Female: 25-34 Male: 25-34
 - c. Female: 35-44 Male: 35-44
 - d. Female: 45-54 Male: 45-54
 - e. Female: 55-64 Male: 55-64
 - f. Female: 65 and over Male: 65 and over

2. What is your marital status?
 - a. Never married d. Separated
 - b. Married e. Widowed
 - c. Divorced f. Engaged

3. Which country are you working in as a cross-cultural missionary?

4. How long have you served/been serving cross-culturally on the mission field?
 - a. < 1 year
 - b. 0-2 years
 - c. 2-4 years
 - d. 4-6 years
 - e. 6-8 years
 - f. 8-10 years
 - g. More than 10years

5. As a missionary, I can most accurately describe my life and work as... (include any burn out, stressors, spiritually unpreparedness, not fitting in, unhappy, physically unhealthy, don't want to continue etc.) or (happy, spiritually prepared, adapting well, socially and emotionally well etc.)

6. From the list below, what essential care is needed for you to live a healthier lifestyle on the mission field? Please state your top 5 areas.
 - a. Better nutrition
 - b. Stress management intervention
 - c. Personal counseling
 - d. Spiritual vitality
 - e. Mental health
 - f. Cultural adaptation programs
 - g. Language adaptation programs

- h. Financial support
 - i. Family support
 - j. Spiritual disciplines
 - k. Living cross-culturally
 - l. Please add other essential needs.
7. What are some of the things you did/do to relieve a stressful situation or stressors (cultural barriers, language barriers, situational factors, etc.) during your time on the mission field?
 8. What self-care preparation did you implement prior to your deployment to the mission field?
 9. What are some areas that need improvement to better prepare and sustain missionaries on the mission field?
 10. Describe your spiritual health.
 11. How many hours do you sleep per night?
 - a. I have problems falling asleep
 - b. 2-4 hours
 - c. 4-6 hours
 - d. 6-8 hours
 - e. More than 8 hours
 12. In the last 12 months, how often did you exercise?
 - a. Never
 - b. Sometimes (once per week)
 - c. Usually (1-3 times per week)
 - d. Frequently (3 or more times per week)
 13. How many balanced meals do you intake per day?
 - a. One meal per day
 - b. Two meals per day
 - c. Three meals per day
 - d. No time for balanced meal. I eat junk food on the go.
 14. When you exercise, what form of exercise do you participate in?
 - a. Breathing and stretching exercises
 - b. Walk/run for fun
 - c. Swim
 - d. Ride a bicycle
 - e. Own personal workout
 - f. Zumba or other dance exercises
 - g. I don't have any time to exercise
 - h. Other, explain.

15. What are your main concerns in regards to your health and wellness on the mission field?
16. Explain everyday living and daily needs on the mission field (shopping, cooking, transportation etc.).
17. Why do you think missionaries are leaving the mission field?
18. What do you think can be done to reduce the number of those leaving the field?
19. Do you feel you were prepared culturally, emotionally, spiritually and physical before entering the mission field?
20. What type(s) of activities related to health and a healthy lifestyle would you like to participate in?
21. Which health topics are you interested in learning more about? (Check all that apply.)
Exercise/fitness Healthy eating, Caffeine addiction, Heart health Prevention, Stress management, Tobacco cessation, Weight management Other:

22. Do you have a greater desire to practice spiritual disciplines (prayer, evangelism, serving, community worship, Bible study, silence, or fasting) while on the mission field? (Rather than doing them out of duty or not doing them at all.)
23. Are you living with a greater sense of divine mission, passionately using your gifts to serve God? (In your work, ministry, relationships, or special projects.)
24. Discuss what you believe to be the biggest barrier(s) to your emotional and social growth while serving cross-culturally.
25. When you socialize with others, do you
 - a. Spend time with my family
 - b. Do fun activities with other missionaries
 - c. Spend time with locals
 - d. No time to socialize with others
26. What does member-missionary activity look like in your mission(s)? What is your experience working with members with missionary work?
27. Can everything that is needed to treat and prevent illness be done where you serve?
Please explain.
28. What are the most common illnesses you believe missionaries face in less-developed areas?

29. Are you able to maintain emotional equilibrium while continually juggling your roles on the mission field?
30. Rank in order the important support that you feel you need to stay longer on the mission field with 1 being the least support and 10 being the most support.
 1. Personal care
 2. Financial support
 3. Nutritional assistance
 4. Stress management
 5. Team support
 6. Help from burnout
 7. Spiritual Growth
 8. Mental wellness
 9. Reduction of Isolation/Social support
 10. Physical Wellness
31. Do you find that you are alone at the end of your day or are you able to connect and socialize with close friends/family on the mission field?
32. Do you serve in an environment where it is noisy at night and/or difficult to go to sleep?
33. What does your average daily nutrition consist of?
34. Using any number from 0 to 10, where 0 is the worst and 10 is the best, what number would you use to rate your overall social and emotional health?

0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
35. Did you prepare dietary needs and dietary supplements prior to going on the mission field?
36. How do you maintain your spiritual and emotional balance through difficult times?
37. Do you receive pastoral care and counseling now or in the past? Was it beneficial to you? Would you like more care and counseling services?
38. Do you have access to Christian counseling to support your emotional and mental well-being?
39. What do you do for relaxation?
40. What are your greatest concerns that you find most difficult about being a missionary on the mission field? Rank in order with 1 being your smallest concern and 10 being your greatest concern.
 1. Nutrition
 2. Spiritual emptiness
 3. Loss and grief

4. Financial pressures
 5. Lack of exercise
 6. Isolation
 7. Family issues
 8. Cross-cultural spiritual
 9. Trauma
 10. Language barriers
41. Do you have a pastor or pastoral counseling service(s) that you are able to seek out for assistance when needed? If yes, have you utilized their services?
42. Have you experienced any grief or loss while serving on the mission field? If so, how did you cope?
43. What do you do for your spiritual growth? (Check all that apply).
- a. Study the word daily
 - b. Connected to a local church
 - c. Have regular Bible study classes
 - d. Nightly praise and worship service
44. Do you have a hobby that you are able to do outside of ministry? What kind of hobby?
45. When last did you visit a doctor?
- a. 0-2 months ago
 - b. 3-9 months ago
 - c. 10-17 months ago
 - d. 18- 24 months ago
 - e. 2-5 years ago
 - f. 5 years ago or more
46. How do you make time for spiritual rest?
47. How do you rest your body, mind and spirit?
48. Select five things from the list below that brought care and support to you in the past year. (List from greatest to least)
- a. Pastoral/personal counseling
 - b. Spiritual disciplines
 - c. Your Family
 - d. Prayer Group(s)
 - e. Worship at local church
 - f. Personal development
 - g. Attending a conference
 - h. Member care
 - i. Exercise program
 - j. Your ministry or organization support

49. Which beverages do you drink regularly? Do you drink water?
50. Are you experiencing burnout on the mission field? What do you think is causing your burnout?
51. I would like to remain in cross-cultural missions ___ year(s), if I had the necessary health and wellness support.
- a. 0-1
 - b. 1-2
 - c. 2-5
 - d. 5-7
 - e. 7-10
 - f. Greater than 10 years
52. Which continent are you from?
- a. North America
 - b. South America
 - c. Europe
 - d. Africa
 - e. Asia
 - f. Australia
 - g. Antarctica
53. Are you an American missionary?
- a. Yes
 - b. No

LIBERTY UNIVERSITY

INSTITUTIONAL REVIEW BOARD

April 12, 2018



IRB Exemption 3162.041218: Connecting Mind, Body and Spirit: A Wholistic Lifestyle for Christian Missionaries

Dear 

The Liberty University Institutional Review Board has reviewed your application in accordance with the Office for Human Research Protections (OHRP) and Food and Drug Administration (FDA) regulations and finds your study to be exempt from further IRB review. This means you may begin your research with the data safeguarding methods mentioned in your approved application, and no further IRB oversight is required.

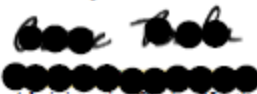
Your study falls under exemption category 46.101(b)(2), which identifies specific situations in which human participants research is exempt from the policy set forth in 45 CFR 46:101(b):

- (2) Research involving the use of educational tests (cognitive, diagnostic, aptitude, achievement), survey procedures, interview procedures or observation of public behavior, unless:
 - (i) information obtained is recorded in such a manner that human subjects can be identified, directly or through identifiers linked to the subjects; and (ii) any disclosure of the human subjects' responses outside the research could reasonably place the subjects at risk of criminal or civil liability or be damaging to the subjects' financial standing, employability, or reputation.

Please note that this exemption only applies to your current research application, and any changes to your protocol must be reported to the Liberty IRB for verification of continued exemption status. You may report these changes by submitting a change in protocol form or a new application to the IRB and referencing the above IRB Exemption number.

If you have any questions about this exemption or need assistance in determining whether possible changes to your protocol would change your exemption status, please email us at irb@liberty.edu.

Sincerely,



Administrative Chair of Institutional Research
The Graduate School

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