

GUIDANCE ON RESPONDING TO STRESS EXPERIENCED BY CLERGY WORKING UNDER COVID-19 RESTRICTIONS

Adapted from resources produced by the King's Fund Trauma Group. See : www.traumagroup.org

Clergy may experience a wide range of normal feelings and anxieties whilst dealing with COVID-19. The aim of planned responses to active ongoing stress is to **foster resilience**, reduce burnout and reduce the risk of post-traumatic stress disorder..

