

**Holmetrics**, an app specifically created to keep people in ministry stay healthy. Holmetrics is designed to provide users with a simple tool to track their mental, emotional, relations, spiritual and physical health in real time.

For more information go to [www.holmetrics.com](http://www.holmetrics.com)

The app provides an opportunity to do a daily check-in based on the following statements. Charts, resources and support follow.

### **Mental health**

I have been feeling a loss of interest in activities I used to enjoy.

I have had difficulty making even the simplest decisions throughout a regular day.

I have not felt purposeful and joyful in my ministry and relationships.

I have felt on edge, anxious or easily irritated. My mentors, family members or friends have commented on this behavior.

I have had thoughts of hurting myself or suicide.

I have had difficulty sleeping and/or feel tired and unmotivated.

### **Emotional health**

It is possible for me to experience joy regardless of the circumstance.

Despite some difficult circumstances or failure, I have felt strong and resilient.

In the past week I have felt in control of both the highs and lows of my emotions.

In the past week I have experienced the care and attention of my community and family.

I find it easy to embody the feelings of those around me.

I have felt confident in showing who I am to others. I feel that I can nurture positive self-esteem.

### **Relational health**

I have struggled to feel concerned for the well-being of those around me.

In my interactions with others this week I have found it difficult to understand my own emotions and the reasons why I am feeling the way I feel.

When in conflict with others, I have been most likely to get angry and withdraw. I have avoided resolving problems.

I am not willing to put aside my desires and preferences so that someone else might feel more comfortable.

Working with others on common tasks has left me drained and irritable, less likely to do so in the future.

I find it difficult to support others' point of views when they are different than my own.

### **Spiritual health**

I have attended weekly services in my faith community that have developed my faith and allowed me to engage with other believers.

My relationship with God isn't easy, but the daily challenge increases the richness of our relationship.

I have regularly met with a mentor or small group that challenges and grows my faith.

I have pursued intimacy with God through spiritual pathways that reflect how I was created.

The decisions I have made recently are in line with my core values and beliefs. These values have given me purpose and direction.

I am constantly aware of God's presence or absence in my life.

### **Physical health**

I have had an adequate amount of exercise this week.

I have had discipline in what I have eaten and drank.

I feel healthy and full of energy.

I have had eight hours or more of sleep in at least four of the past seven nights.

I have had at least one complete day of rest in the past seven days.

I have made progress towards meeting formalized physical health goals.