

STAR Series

For Congregational Leaders

EQUANIMITY



TASK: Equanimity is the ability to stay steady amid stress, conflict, or uncertainty. It's keeping your balance when life feels overwhelming. Young adults today desperately need this skill as they navigate constant pressure from school, work, relationships, and social media. As congregational leaders, we can model and teach practices that help them find calm presence in a chaotic world.

Finding Balance in the Storm: Teaching Young Adults Equanimity

1 LISTEN INWARD: NAME WHAT'S HAPPENING

The first step to equanimity is acknowledging what's happening inside without getting swept away by it. Many young adults either bottle up emotions or let them spill everywhere. Equanimity is the middle path: recognizing the storm without losing your footing.

Model this by naming tension aloud when leading groups: "I know schedules are packed right now, and that can feel overwhelming." Teach young adults the "pause and name" habit. When stress spikes, stop, take one breath, and name the feeling: "I'm frustrated" or "I'm anxious." Try a "check-in board" before meetings where participants anonymously post one word describing how they're arriving. This normalizes honesty and shows that awareness, not denial, is the starting point.

2 BUILD RHYTHMS OF RESET

Equanimity comes from rhythms that help you reset, not from gritting your teeth. Athletes like Serena Williams use pre-performance rituals to return to center. Young adults living in constant motion need similar practices.

Begin meetings with 30 seconds of silence. Invite young adults to share their personal reset practices: three deep breaths before responding to a text, a short walk before homework, or stepping outside for fresh air. Make your own resets visible: "Before we start, I like to write down three things I can focus on." These rhythms teach young adults to listen to their body's signals and respond with care.



3 ANCHOR TO SOMETHING BIGGER

When life feels overwhelming, every problem seems catastrophic. Equanimity grows when you remember you're part of a larger story. Simone Biles modeled this at the 2021 Olympics by prioritizing her mental health over competition, anchored to her well-being and future.

Help young adults anchor by connecting stress to purpose: "Yes, this is hard, but we're building belonging." Create "anchor buddies" who check in during stressful times. Ask small groups: "What's one thing bigger than yourself you're holding onto this week?"

Equanimity means listening deeply to your inner world, your body, and your community. When we model this steadiness, we equip young adults with lifelong practices of resilience and presence.

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ROADMAP

Curriculum Domain, Competency and Task Constellations

STAR Domain:	Listening
Associated Competency:	Relationship building and Compassion
Associated Task:	Equanimity
STAR Domain:	Young Adult Leadership
Associated Competency:	Resourcefulness and Communication
Associated Task:	Recruiting
STAR Domain:	Faith Journey
Associated Competency:	Creating Trust
Associated Task:	Spiritual formation
STAR Domain:	Culture
Associated Competency:	Adaptability
Associated Task:	Embracing failure
STAR Domain:	Intergenerational Connections
Associated Competency:	Mentorship
Associated Task:	Generational literacy and Digital literacy
STAR Domain:	Community
Associated Competency:	Authenticity and Inclusivity
Associated Task:	Managing conflict
STAR Domain:	Church Leadership
Associated Competency:	Influence and Purpose
Associated Task:	Creating buy-in
STAR Domain:	Frameworks, Programs, & Events
Associated Competency:	Learning
Associated Task:	Sticky programs and Measure and assess