

STRESS from Burnout!

BURNOUT

A state of physical, intellectual, emotional and spiritual exhaustion.

Stress → Overstress → Burnout



PSSSSSSSS

Stages in Burnout Process

1. Mountain top



Stages in Burnout Process

1. Mountain top

2. Reality check



Stages in Burnout Process

1. Mountain top

2. Reality check

3. Depression



Stages in Burnout Process

1. Mountain top

2. Reality check

3. Depression

4. Obsession



FAQs: Burnout

1. It's not a sin

FAQs: Burnout

1. It's not a sin
- 2. You're usually the last to know**

FAQs: Burnout

1. It's not a sin
2. You're usually the last to know
- 3. You have to
make changes**

Dealing with the Burnout Cycle

A. Realize that there is a time for everything

To every thing there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

- Ecclesiastes 3:1-2

A time to kill, and a time to heal; a time to
break down, and a time to build up; A time to
weep, and a time to laugh; a time to mourn,
and a time to dance;

- Ecclesiastes 3:3-4

A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; A time to get, and a time to lose; a time to keep, and a time to cast away;

- Ecclesiastes 3:5-6

A time to rend, and a time to sew; a time to keep silence, and a time to speak; A time to love, and a time to hate; a time of war, and a time of peace.

- Ecclesiastes 3:7-8

**I've found that each day
has a mixture of sun and rain
type events.**

Dealing with the Burnout Cycle

A. Realize that there is a time for everything

**B. You can't change it,
but you can change you**

And whether we be afflicted, it is for your consolation and salvation, which is effectual in the enduring of the same sufferings which we also suffer: or whether we be comforted, it is for your consolation and salvation.

- II Corinthians 1:6

We need to recognize the difference between the suffering that produces stress and the suffering that produces growth.

Dealing with the Burnout Cycle

- A. Realize that there is a time for everything
- B. You can't change it, but you can change you

C. There is a relationship between our stress level and the distance we are from God

**Sin = suffering = stress =
burnout**

“The wage of sin is death.”
(Romans 6:23a)

Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

- James 4:8

Self-Evaluation

1. Mark how frequently you experience each of the statements.
 - Total your score
 - Compare to the legend on the sheet

Self-Evaluation

1. Mark how frequently you experience each of the statements.
- 2. Circle the number of stress points that have happened to you in the last year.**
 - Total points and compare to legend (150+ = high stress)

NEXT

God's Rx for Burnout