

Balance Instead of Burnout

10 Signs of a Spiral

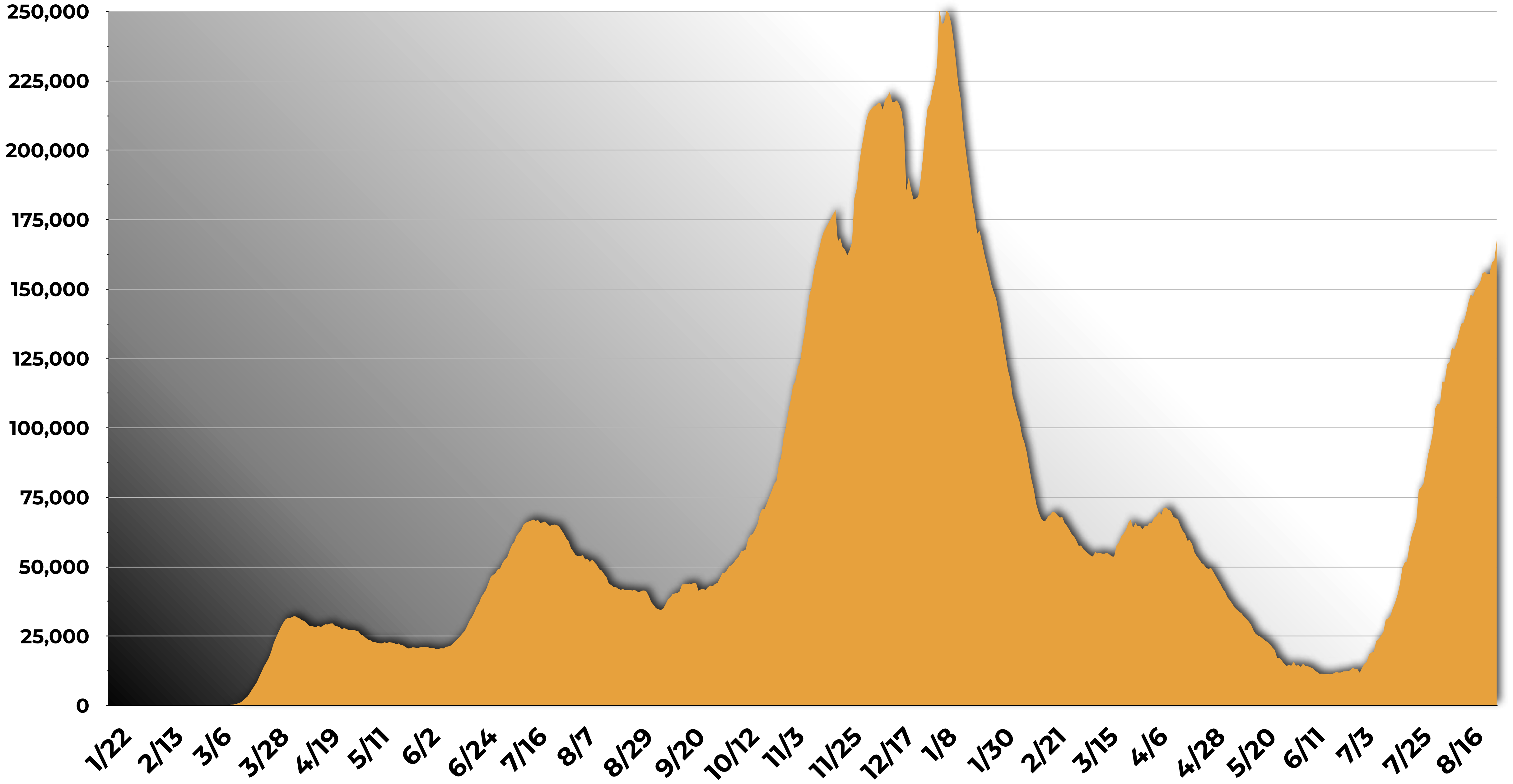
- 1. Hey, I'm fine, really!***
- 2. I'm a bit down***
- 3. Hmm ... I've been kinda down this month***
- 4. The stress of this season is getting to me***
- 5. The holes in my soul are growing!***
- 6. My spouse and I had a fight last night***
- 7. It's hard for me to wake up and go to work***
- 8. Perhaps, I'm feeling a bit down***
- 9. Okay, I'm depressed***
- 10. Too late, burn out***

The Problem

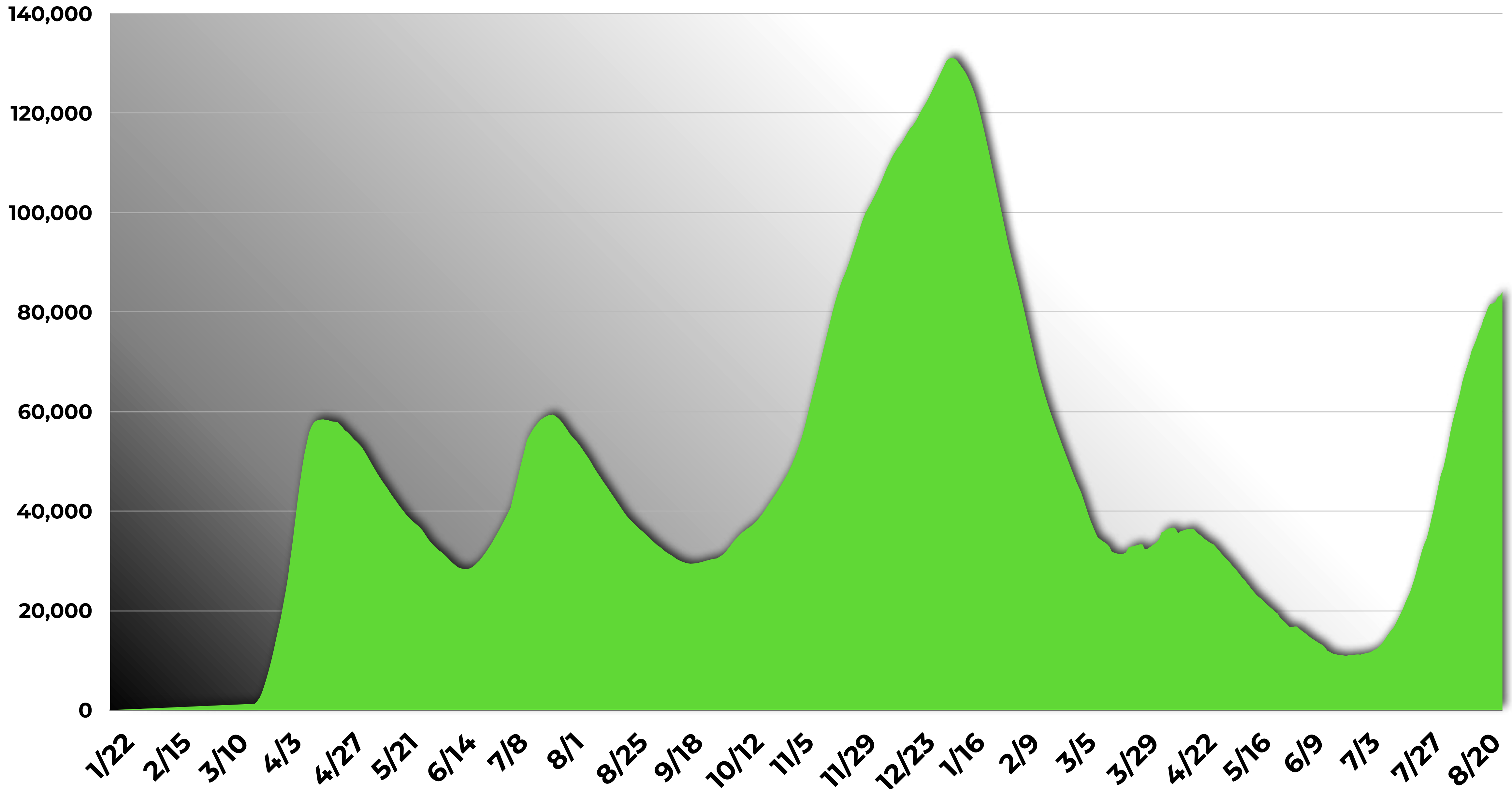
Problems

- **Local Hospitals are full**
- **Vacations aren't what they used to be!**
- **Disappointment with the rise of the Delta variant**
- **Congregants and family members are getting ill and some are dying**

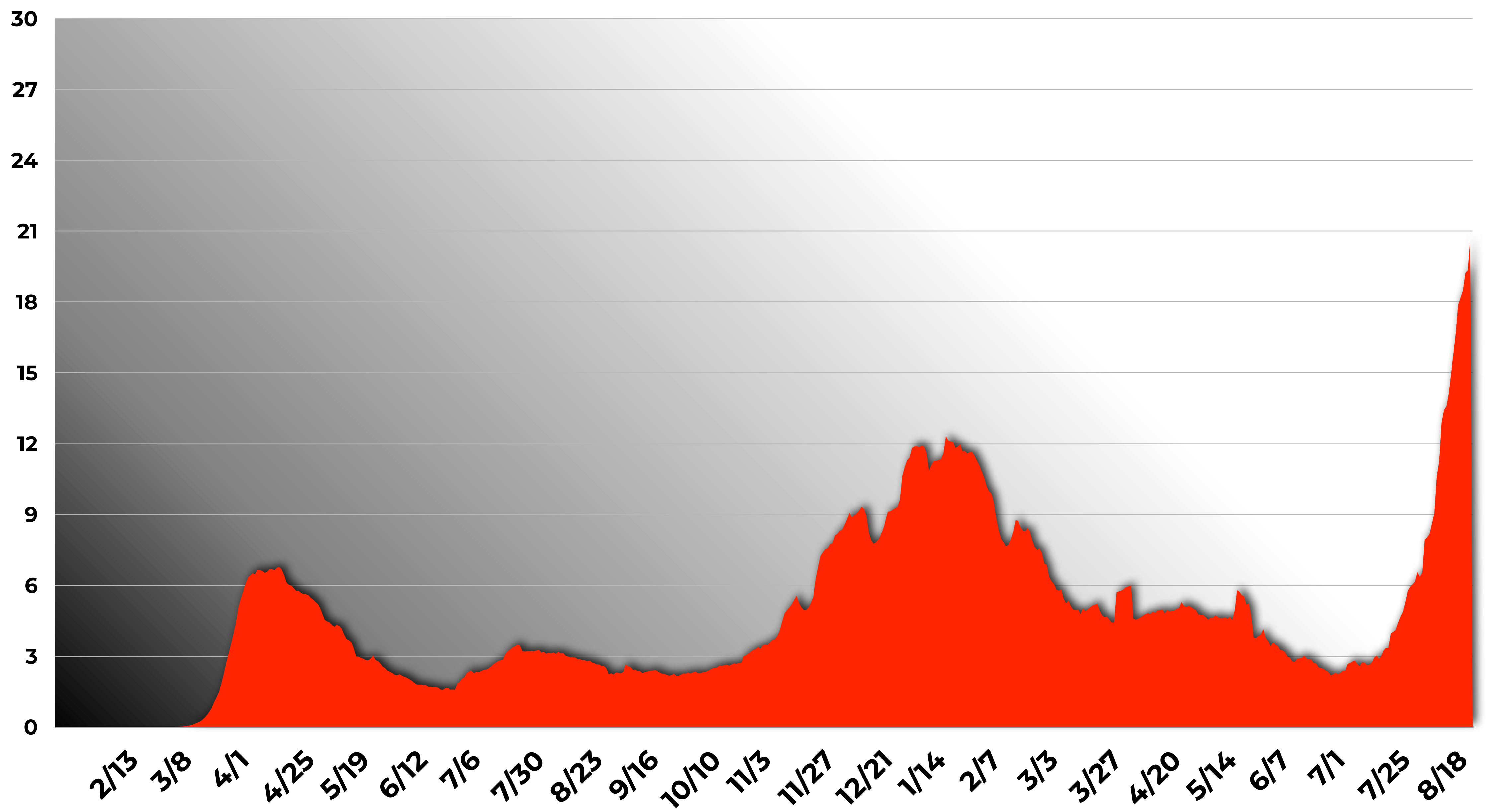
New U.S. Cases—7 Day Average



U.S. Hospitalization—7 Day Average)



U.S. Mortality per Million Non-Immunized—7 Day Average



Societal Angst

It enters the church unseen

It affects staff—harsh discussion

It affects boards—harsh decisions

Family gathers with people uninvited

Tensions

Personal, familial, work load, mental health load

Congregational tension over masks and vaccinations.

Children's ministry volunteers!

Staff leaving

People leaving their churches

Anger and really unpleasant outbursts

Recognition Along the Way

Define Balance

Balance in Ministry is the delicate line between owning issues and letting go.

Balance is setting boundaries of time and energy between home and church.

Balance is accepting God's peace in a difficult season.

Fletch

Talk

Talk enough. Don't over-burden. Share the signs.

- **With your spouse**
- **With your leaders**
- **With an outsider**

Solutions

Solutions

- **Sabbath rest**
- **Sabbaticals**
- **Exercise**
- **Reading for fun**
- **Staff discussions**
- **Board discussions**
- **Family fun**
- **Avoid the Superman & Wonder Woman complex**
- **Delegate and Let Go**

When Burnout Occurs

What to do

- **Admit It**
- **Get immediate help**
- **Enforce your rest**