

Holding on to Hope: Overcoming Life's Unexpected Challenges

Week 5: Overcoming Burnout

March 21, 2021

Romans 12:11-13 (The Message Bible)

Introduction: Our ____ is a gift from God. Who we ____ in this life is our gift to God.

Week 1: Overcoming Cynicism: “The more you ____, the more you hurt.”

Your past is not your future if ____ is involved!

Week 2: Overcoming Temptation: Put your _____ first; make your ____ match your walk.

Refuse to ____.

Week 3: Overcoming Disconnection: Loving our specific neighbors requires seeing them and spending time with them.

Week 4: Overcoming Pride: “*Pride makes us artificial and humility makes us ____.*” – Thomas Merton

“*All who exalt themselves will be humbled, but all who humble themselves will be exalted.*” - Jesus

Hold the ____ for others to go in front of you and stay behind them in line.

This Week:

The term “burnout” was coined in the 1970s by American psychologist Herbert Freudenberger to describe the consequences of severe stress and high ideals in helping professions.

Today, “burnout” can affect anyone from _____ and homemakers to celebrities.

A stressful lifestyle, being overworked, under-challenged, time pressure, caring for an ill relative, and conflicts with colleagues all contribute to stress and possible burnout.

Any _____ commitment that results in neglecting your own needs, may lead to burnout.

Burnout is _____ and can be confused with both exhaustion and depression.

A Burnout Checklist:

1. The ____ of life is gone, but the functions of life continue.
 - a. You know what you are doing is important (work/family), but you don't ____ it anymore.
2. You know longer feel the highs or lows.

“*You're designed to celebrate when people are celebrating and mourn when people are mourning. If that's not happening, something's wrong.*” – Carey Nieuwhoff
3. Everybody ____ you. When nobody energizes you, they're not the problem. You are.
4. Nothing ____ you: sleep, prayer, good people, recreation, vacation, work, food.
5. You can't ____ like you used to and your _____ is dropping.
6. You don't ____ anymore.
7. You are _____: overeating, overworking, addiction, drinking, spending, drugs.

“*People who are burning out almost always choose self-medication over _____.*” – Carey Nieuwhof

How to Live Today So You Will Thrive Tomorrow

1. Tell _____. God works through _____.
2. Get lots of _____. Doctor, psychiatrist, counselor, coach, friends.

You need people who _____ in you when you've stopped believing in yourself.
3. _____. Eight hours of sleep and one full-day a week.
4. _____ your losses. Friends who move, parental conflict, illness, pets, cars, death.

Don't let your past sabotage your present and your future.

Action Steps:

Seek immediate professional help: a ____ doctor and a _____ counselor.

Invite _____ into the healing process to show you a life worth living.

Check the ____ major areas of life: spiritual, emotional, relational, physical, and financial.

Take more than 10 days off in a row, turn off your phone, unsubscribe, and the four “D’s”: delete, delay, delegate, or do now.