



Facing Challenges Well

How Leaders Can Resolve Burnout

Introduction

I. What is Burnout?

A state of physical, mental, and emotional exhaustion which continues even with attempts to rest and relax more.

II. The Causes: A Problem in “The Fraction”

Your Responsibilities

Your Resources

III. The Two Solutions

A. Increase your _____

B. Decrease your _____

IV. The Obstacles

- A. Vacation or Sabbatical
- B. Belief in “vertical-only” spirituality
- C. An over-reliance on will power
- D. Concerns about being letting others down
- E. Concerns about asking for needs to be met

V. Application

- A. What resources must you increase this week?
- B. What responsibilities must you decrease this week?