

# **The Hidden Blessings of Burnout:**

*How to Become Spiritually Stronger in Times of Testing and Fatigue*

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*Can there be anything good about burning out? Actually, the symptoms of burnout are a cry from the soul for our attention, alerting us to the need for self-care. When dealt with properly, burnout can become one of the greatest tools for longevity and health in ministry.*

## Stress vs. Burnout

Stressors come to Christian leaders in four categories.

- 1.
- 2.
- 3.
- 4.

## Causes of burnout:

## Symptoms of burnout

- 1.
- 2.
- 3.
- 4.
- 5.

What is the burnout telling me about myself?

If I am burned out, how do I use this time to b/c stronger?

How do I avoid or prevent burnout and stay strong and healthy in the midst of stress and fatigue?

## SOURCES

A simple (and unvalidated) self-test for burnout risk is found at:

<http://www.mindtools.com/stress/Brn/BurnoutSelfTest.htm>

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