

# Identifying Burnout

Chronic stress leads to depression or burnout.

**Proverbs 12:25** *"Anxiety in the heart of man causes depression, But a good word makes it glad."* (NKJV)

# Burnout Defined

- Defined by some psychiatrists as:
  - Emotional exhaustion
  - Desire to withdraw from people
  - Reduced feeling of accomplishment
- Elijah ~ 1 Kings 19:1-18
  - Right after his victory over false prophets on Mount Carmel, he wanted to die, why?
- Israel ~ Isaiah 40:27-31
  - Nobody understands what I'm going through.
  - Life hasn't been fair to me.

# Symptoms of Burnout

- Fatigue
- Trouble thinking clearly
- Trouble sleeping (falling asleep or waking during sleep)
- Trouble concentrating
- Feeling that you're not accomplishing anything.
- Feeling pressure is too much to handle

# [ Test For Burnout ]

- I can't wait for quitting time.
- I feel I'm not doing any good.
- I'm more irritable.
- Thinking about changing jobs.
- I'm more cynical (grudge with others, self or God)
- More aches (head, back, stomach, etc.)
- I feel hopeless (who cares)
- I need tranquilizers or other drug to cope.

# [ Test For Burnout (cont) ]

- I'm tired all the time.
- I feel a lot of pressure.
- My memory is not as good.
- I can't concentrate.
- I don't sleep well.
- Appetite has changed (less or more)
- I'm disillusioned.
- I'm not as enthusiastic.
- I feel like a failure.

# Test For Burnout (cont)

- I'm having trouble making decisions.
- There are fewer things I like or do well.
- Why bother, it doesn't matter anyway.
- I'm not noticed for what I do.
- I feel helpless – No way out of problems.
- I'm too idealistic.
- My career has hit a dead end.
  - Most of these deal with a loss of meaning or purpose in our life. Psalm 42 speaks to this.
  - **Psalm 42:11** *"Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; ..."*