

Recovery From 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)

[Three Parts To Recovery]

1. Physical
2. Emotional
3. Spiritual

Physical

- Exercise
- Eat healthy
- Get 8 hours of sleep
- Modify Type A personality traits
 - Tend to be competitive, success-oriented, workaholic, live on tight schedules, move, walk and eat rapidly
 - If these traits fit you, slow down (eating, breathing, moving), review your priorities- put the important things first & let the rest go, learn to relax.

Emotional

- Laugh, Rejoice
 - Proverb 17:22 *"A merry heart does good, like medicine, But a broken spirit dries the bones."*
- Positive Self-Talk
 - Philippians 4:8 *"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."*

Emotional (cont.)

■ Live In Present

- Matthew 6:34 *"Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."*

■ Rest/Relax

- Mark 6:31 *"And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat."*

■ Alter Harmful Routines

- Heb 12:1 *" Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, ..."*

Emotional (cont.)

- Keep Stressful changes to a minimum
- Be pure sexually
 - 1Cor 7:3 *"Let the husband render to his wife the affection due her, and likewise also the wife to her husband."*
 - 1Thess 4:3 *"For this is the will of God, your sanctification: that you should abstain from sexual immorality;"*
- Do Good to others regularly
 - Acts 20:35 *"I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.' "*

Emotional (cont.)

- Don't Hold Grudges – Heb 12:15
 - Eph 4:32 *"And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."*
- Don't Envy Others
 - Pro 14:30 *"A sound heart is life to the body, But envy is rottenness to the bones."*
- Share with someone (spouse, friend, or family) your burdens
 - Pro 17:17 *"A friend loves at all times, And a brother is born for adversity."*
 - Gal 6.2 *"Bear one another's burdens, and so fulfill the law of Christ."*

Spiritual

- Delight in the Word of God
 - Ps 1:1-2 *"Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the Lord, And in His law he meditates day and night."*
 - 1Peter 2:2 *"as newborn babes, desire the pure milk of the word, that you may grow thereby,"*
- Rejoice in song
 - James 5:13 *"Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."*

[Spiritual (cont.)]

- Have you injured yourself?
 - Pro 8:36 *"But he who sins against me wrongs his own soul; All those who hate me love death."*
- Confess your sins
 - 1John 1:9 *"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

[Spiritual (cont.)]

- Realize God is with you always
 - Heb 13:5 *"Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you.""*
- Remember your strength
 - Phil 4:13 *"I can do all things through Christ who strengthens me."*