

The Burnout Tunnel:

- Burnout is a real state, not imaginary or a self-indulgent excuse!
- It is a deep exhaustion of physical, emotional and spiritual fatigue with social withdrawal, the last stage before a shut-down state, where your whole being is saying 'rest and do things differently'.
- The 'Burnout Tunnel' is protective, dark, embarrassing and unpleasant... however there is light at the end of the tunnel, however long it may be!
- The 'Burnout Tunnel' is to be embraced as an opportunity to grow beyond some maladjustments in attitudes, self-care, life's baggage, unrealistic expectations, poor conflict resolution skills, boundaries and wrong theology.
- The Burnout journey takes as long as it takes! Many variables can affect the severity such as... length of time you have been pushing yourself unhealthily (driven-ness), amount of unhelpful thinking patterns, body damage, degree of healthy deprivations, etc.
- Helpful considerations... Focus on God being with you no matter what; that He is a good, good Father, 100% trustworthy; that He has done it all and loves us with a passion (slowly read in those areas). Clear life commitments as much as possible to rest, consult health professionals including counsellors, spend time with deep friends, improve diet, sleep and exercise, watch comedies, write down your reflective journey, etc

A Question...

- Are you close to entering the 'Burnout Tunnel' (Enthusiasm low, feeling drained of energy and excitement?), or are you part-way through the tunnel?
- Don't get stuck... Keep moving through... Study Elijah in 1 Kings 18, 19
- What action are you going to take?