

Am I Burnt Out?

- My motivation has faded
- My hope and God's promises fade. God seems a long way away
- Everyone seems to drain me. I feel isolated and alone.
- I feel numb and life is bland.
- I can't seem to think clearly.
- Little things make me disproportionately angry or overwhelmed.
- I am more negative and cynical.
- My productivity is dropping.
- I don't laugh anymore.
- Sleep and time off don't refuel me.
- I feel tempted to self-medicate (overeating, porn, alcohol, drugs, etc)

Take the Test

Maslach Burnout
Inventory

I think I am Burnt Out. Here are some suggestions.

Before the end of today

- Talk to your Spouse about your feelings
- Ring your GP and make an appointment

Tomorrow

- Ring someone from QB for advice
- Inform someone on your church leadership

Within a Week

- Attend your GP's appointment with your spouse
- Talk to your GP about getting a referral to a counsellor / psychologist (see over page) & make an appointment
- Begin the conversation with your Church Leadership about changing personal rhythms, reducing your ministry load, taking leave and accessing other support
- Provide leadership with contact details of QB representatives

Within 2 Weeks

- Implement changes agreed to with church leadership regarding personal rhythms, ministry expectations, leave and seeking professional support.

I think I am Burning Out. Here are some suggestions.

Before the end of today

- Talk to your Spouse about your feelings

Within a Week

- Inform someone on your church leadership
- Review the sustainability of your ministry
- Consider whether it would be helpful to seek professional help from a counsellor or psychologist
- Develop a plan with your Church Leadership about changing personal rhythms, reducing your ministry load, taking leave and accessing other support

Within 2 Weeks

- Implement changes agreed to with church leadership regarding personal rhythms, ministry expectations, leave and seeking professional support.

Top Tips for Pastors facing Burnout

- Keep leaning on God and Keep your spiritual disciplines going even when you don't think they're helping.
- Tell someone. There is no shame or failure here.
- Seek Professional Help. God has gifted and provided these people for our benefit.
- Change your work / rest rhythm to something that is sustainable now.
- Expect that healing and recovery will take time.
- Don't make any big decisions without good advice or before you are in a better place health wise.
- Find something to refresh and distract you.
- Report regularly with your church leadership.

Top Tips for Church Leadership Teams

- Consider various leave options (Sick leave, Workers Compensation, Annual Leave, Long Service Leave)
- Focus on your pastor's recovery at all times. Develop a Pastoral Care plan that includes your pastor's spouse and family.
- Designate a single point of contact with your pastor
- Keep in close contact with QB representatives who will seek to assist and support you.
- Develop a communication plan for communicating with your church about what is happening.

Need more resources?
[Check out the QB Website](#)