

ROOT REAL PATRONS & ASSOCIATES
SEMINAR
ON 14/09/21

THEME: BURN OUT AND HOW TO AVOID IT
(I KINGS 19: 5 - 18)

FOCUS: HOW WE PROGRESS TO BURNOUT
AND CAN WE BE RESTORED?

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ELIJAH EXPERIENCES BURNOUT

IKINGS 19: 5-18

KEEP THIS IN MIND

ELIJAH HAD BEEN USED OF GOD IMMENSELY! HE HAD KILLED HAD COURAGEOUSLY FACED AHAB, FALSE PROPHETS AT MOUNT CARMEL; HAD SEEN GOD'S PROVISION BY THE BROOK; FED THE WIDOW WITH ALMOST NOTHING BUT AT THIS POINT THE THREAT BY JEZEBEL MADE HIM GO TO HIDING!!

WAS ELIJAH A COWARD!
HIS LIFE WAS THREATENED

ELIJAH FELT FEARFUL! DISCOURAGED! DEPRESSED! DEPLETED!
EXHAUSTED!! BURNT OUT!



DEFINITION OF BURNOUT

- ▶ **Definition:** Burn out is a state of physical, emotional, and mental exhaustion.
- ▶ It is the result of repeated emotional pressures, often associated with intense involvement with people and work overload over long periods of time.
- ▶ ***BURN OUT – THE SILENT EPIDEMIC OF CAREGIVERS***

How does it progress from stress to burn out to depression to suicide?

- Starts with day to day hassles or stressors
- Stressors are things, that provoke alarms, and alarms produce stress-signs.
Pressure from outside (LEVEL 1) that makes one feel tensed physically or mentally or emotionally.
- There are stressors that are undercurrent/internal (LEVEL 2). They are exhibited through feelings or emotions, e.g., increased feelings of anonymity, inferiority, artificiality, passivity, confusion of or lack of direction in life, overindulgence

- (food, alcohol, sex, acquisition, self-indulgence, hatred, horror, vengeance etc.), competitiveness, spacelessness/feeling invaded, high expectations of self, spread of ideas, radical questioning or irrational beliefs, uncertainty/helplessness, conflicting parts of self.
- ***MANY PEOPLE END UP BUILDING WALLS OF SELF-PROTECTION LIKE ELIJAH because they do not want anyone to know them***

Emotional Exhaustion

- ▶ **Depersonalization/Detachment** – Develop negative feelings toward themselves, others, work, and life
- ▶ **Reduced personal accomplishment**
 - occurs among individuals who do “people work” of some kind
(*Burnout: The Cost of Caring by Christina Maslach*)
- ▶ **A type of job stress** - arising from the social interaction between the helper and recipient
- ▶ **Emotional overload** with subsequent emotional exhaustion
 - people feel **drained and used up**
 - **emotional resources are depleted and there is no source of replenishment**
 - people **no longer** able to give of themselves to others

SYMPTOMS CONT.

▶ **Depersonalization**

- Detached and even **dehumanized** response signals
- developing a **poor opinion of people**
- expecting the **worst from them**
- even actively **disliking them**
- **At this point, we are already having symptoms of Depression**

STOP! STOP!

Burnout

- ▶ Can kill you prematurely or make life seem not worth living

Remember

- ▶ The primary damage is physical, emotional
 - ▶ Characterized by over-engagement, disengagement
 - ▶ Leads to detachment and disorders such as depression
 - ▶ And can be FATAL!
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HOW CAN WE TELL WE ARE DEPRESSED?

WATCH FOR THESE EMOTIONS:

ANGER

SADNESS

CRYING FOR NO APPARENT REASON

LOSS OF APPETITE

LACK OF INTEREST IN PEOPLE OR ANYTHING

LONELINESS

LACK OF SLEEP OR OVERSLEEPING

WITHDRAWAL OR RETREAT

WORTHLESSNESS

HOPELESSNESS

SELF HELPLESSNESS

FEELING A VICTIM

SUICIDAL IDEATION



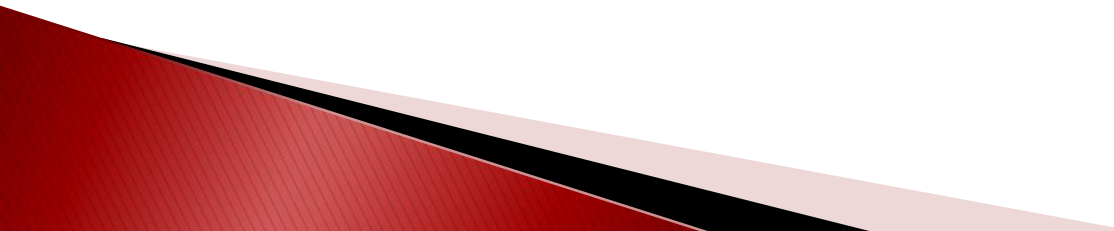
HOW CAN WE HANDLE BURN OUT?

How to help one another or Social & Organizational Approaches

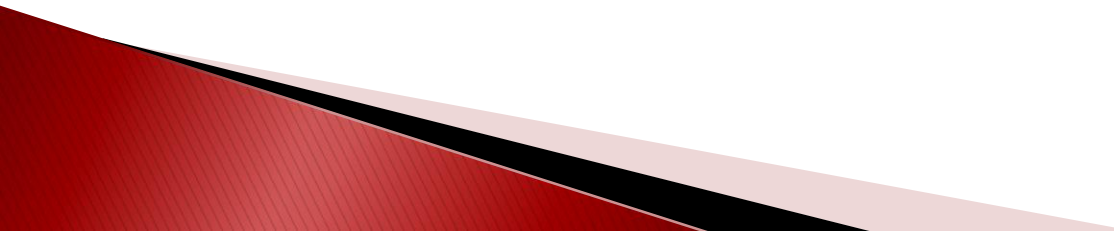
► Social support

- Be an empathic companionship of colleagues
- Give them a shoulder to lean on without broadcasting to everyone
- Provide Comfort
- Offer Insight
- Be Present! A good listener!
- Reward appropriately (Letter, small token etc.)
- Use Humor

Improvements in the Work Place or Working situation

- ▶ Getting more resources, workers
 - ▶ Doing it better through
 - Dividing up the work
 - Changing the contact with clients for a while
 - Limiting job spillovers
 - Taking time off
 - Getting help
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More on Coping strategies

- ▶ Self-care
 - ▶ Make enough time for restful sleep.
Spend time with loved ones, but don't overdo it — alone time is important, too.
Try to get some physical activity in each day.
Eat nutritious meals and stay hydrated.
 - ▶ **SEEK PROFESSIONAL HELP!**
From clergy, Counselors, Therapist etc.
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- ❑ **BE AUTHENTIC OR ORIGINAL!**
- ❑ **GOD CREATED US UNIQUE (Psalm 139)**

The Serenity Prayer

“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference”.

**MAY GOD BLESS YOU ALL
AND KEEP YOU AND YOUR
FAMILIES SAFE!!**