#### WELCOME TO

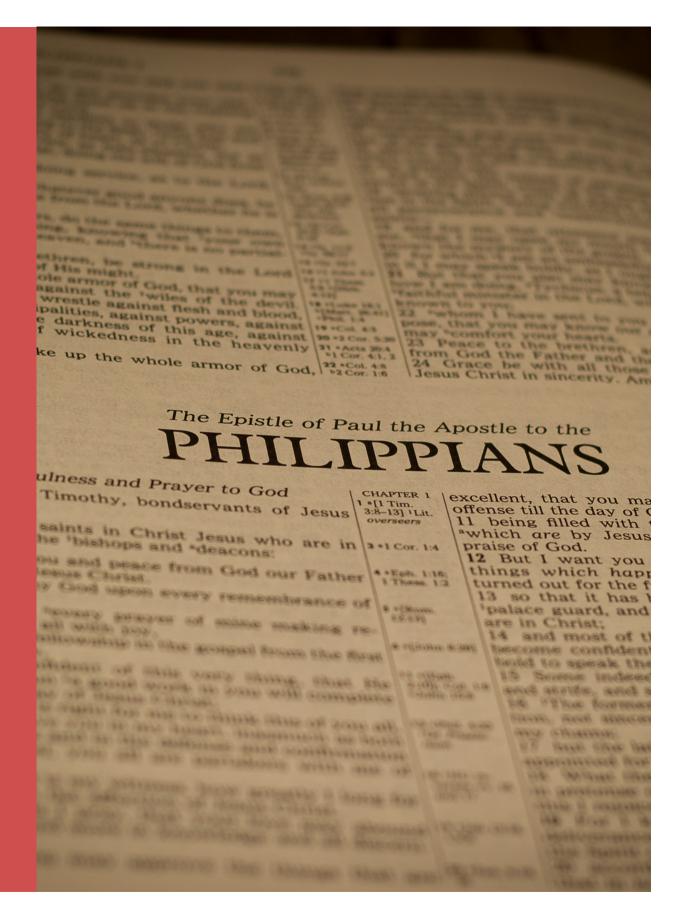
## Find REST Workshop

5 Strategies to Recover from Burnout
By: Kirstyn Mayden
W.A.R Retreat
July 23, 2022



"The Lord replied, "My presence will go with you, and I will give you rest."

Exodus 33:14 NIV



### Let me introduce myself...

- -Loving Daughter of Jesus
- -Author
- -Blogger
- -Speaker
- -Wife and First Lady
- -Ministry Leader
- -Mom
- -Editor
- -Mentor



Kirstyn Mayden

### Session Goals

5 Strategies to Recover from Burnout

Courage to say NO to things and people that are draining you

Renewed Commitment to being filled back up with things of God to serve with joy and gladness again



### Here's my story...

-Served in ministry for 20 years in a variety of roles from Campus Ministry, Children's Ministry Director, Women's Ministry, VBS Coordinator, Small Group Leader, Newsletter Writer, Liturgist, Outreach Committee, and other ministries.

#### And so much more...

After all that serving and pouring out, I looked up and realized I was burned-out.

I lost my joy, zeal, and desire to serve.

My doing replaced my being.

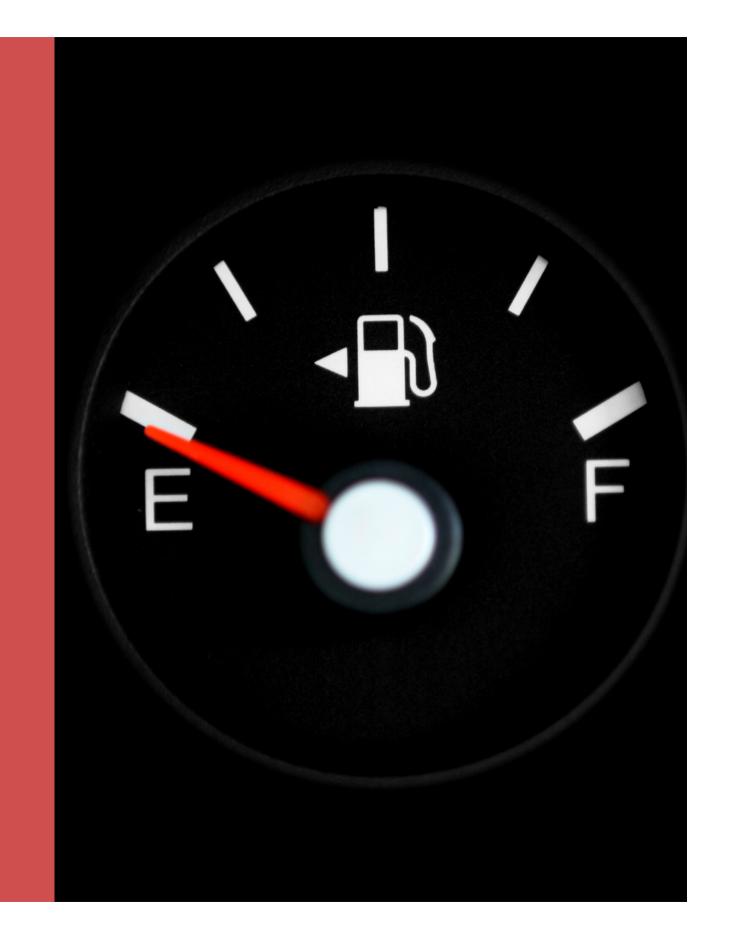
I was running on empty.

Sound familiar?



### Why do we continue to run on empty?

- -Societal pressure
- -Having an individualistic mindset (if I can't do it, no one can)
- -Relying on our own strength
- Don't want to drop the ball
- -Not getting enough rest
- -Other reasons? (Write in chat)



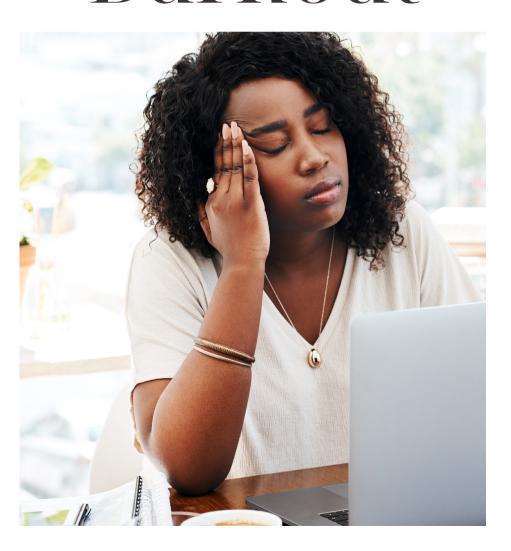
### What is burnout?

Exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration.

Source: Merriam-Webster Dictionary



# 5 Strategies to Recover from Burnout



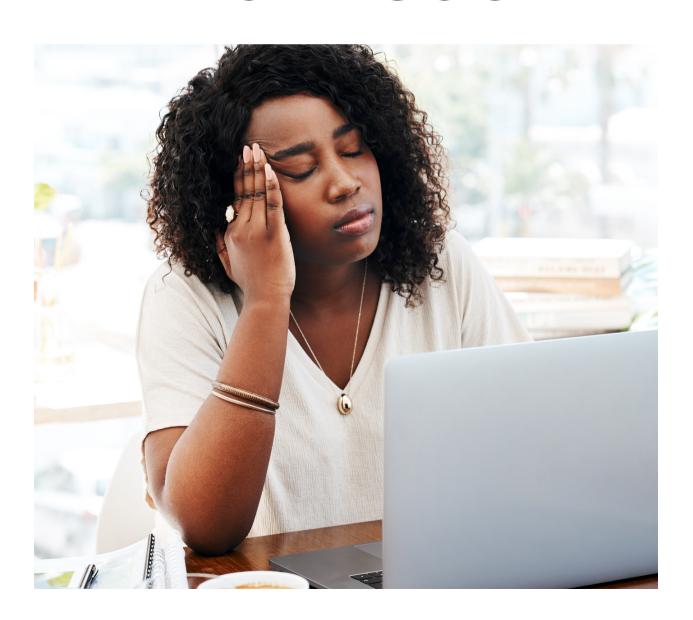
Scale Back Your Schedule
What are you willing to let go?

Ask for Help

Who are you going to ask for help?

Trust God with the Outcome
Will you begin the process of letting
go of control and surrender to God?

# 5 Strategies to Recover from Burnout



4

#### Rest and Say No More

Is rest on your schedule and what are you willing to say no to?

5

#### Spend More Time with God

Name one way you will begin to intentionally spend more time with God.





Newsflash:
We can't be all
things to all people.

### Exercise (5-7 minutes)

- Write down all your main responsibilities or areas where you are serving.
- Cross off one thing from your list, that is nice but not necessary.
- Consider how often are you serving and can you scale back.

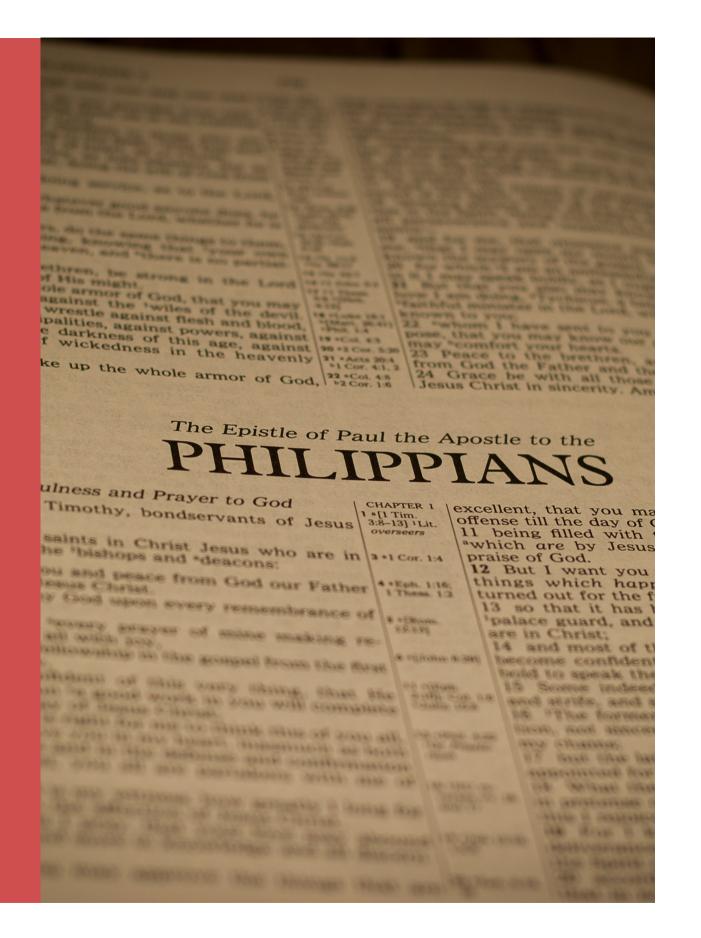
### Questions

What do you observe from this list? (Write in the chat)

What will you **gain** from crossing off something from your list? (Write in the chat)

"And my God will meet all your needs according to the riches of his glory in Christ Jesus."

Philippians 4:19 NIV



If we want to recover from burnout...

Something has to go.

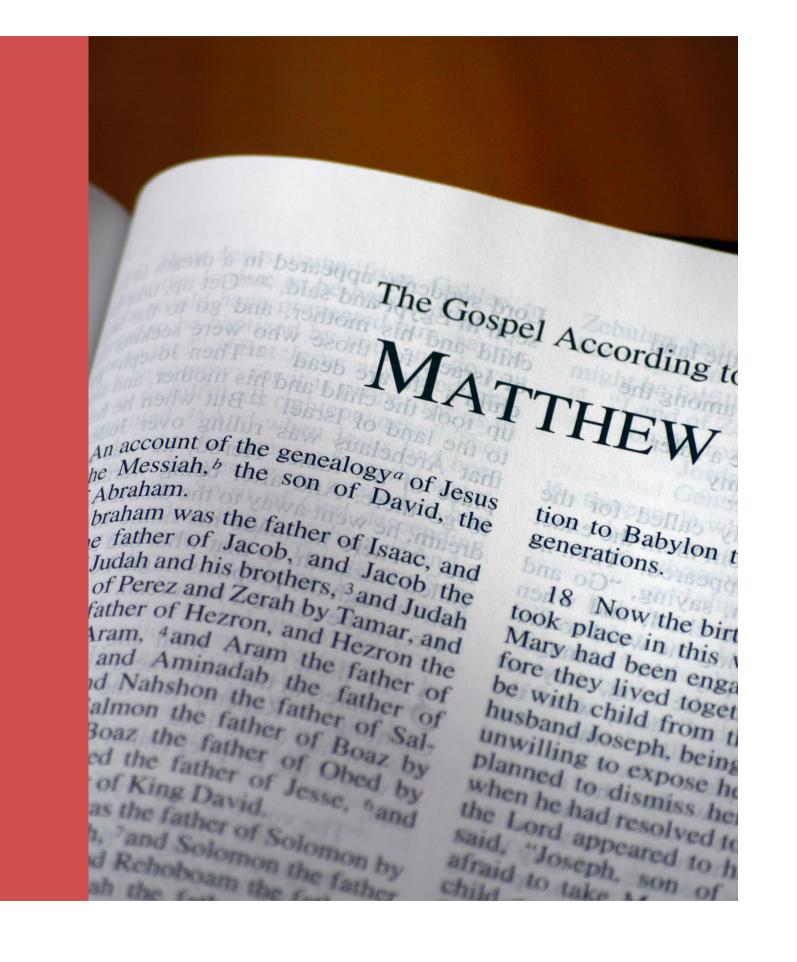




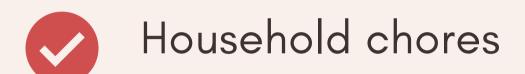
No person is an island and God has provided us all we need to accomplish our God-given purpose.

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

Matthew 7:7 NIV



### Tasks





### Who can I ask for help?

Assign designated tasks for children or a spouse to help. If you live by yourself, consider using a meal delivery or cleaning service monthly.

Ask another peer who is more skilled in an area than you for support and solicit volunteers.

### Tools to Help Lighten Your Load

- Green Chef-Food Delivery
  -Hungry Root-Food Delivery
  Classing Sorvice (Monthly)
- -Cleaning Service (Monthly or Quarterly)

Volunteer Posting (Idealist)







Continue to trust God with the outcomes of our homes, careers, ministries, and lives.

### Why are we always burnout?

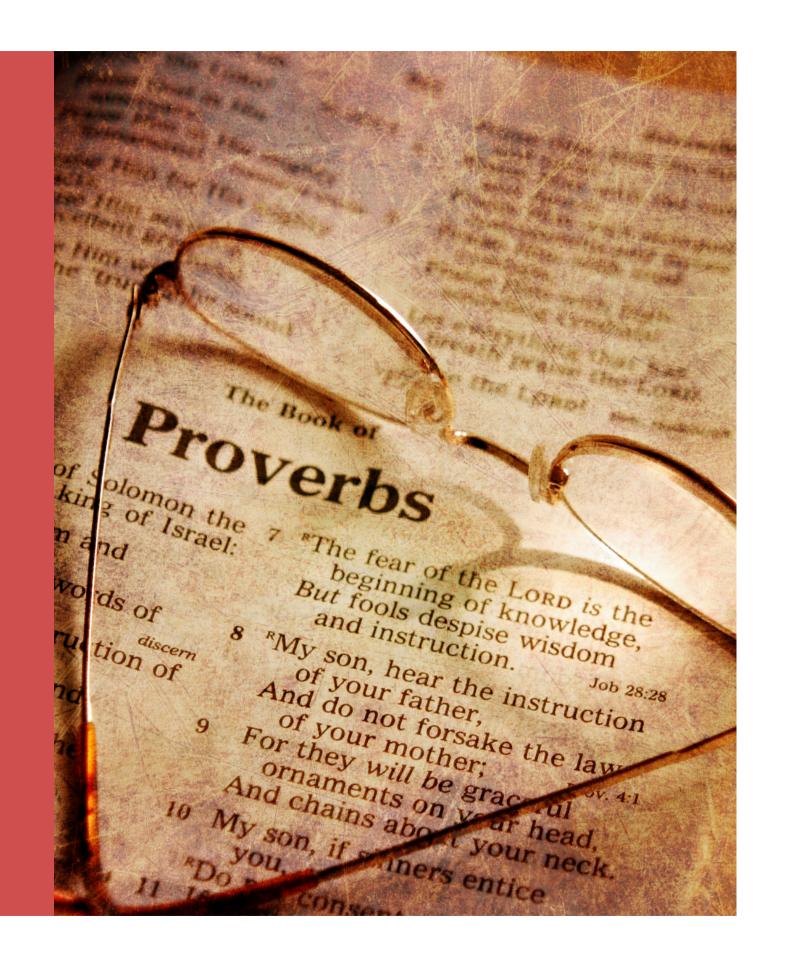
-Want to maintain control

-Pursuing perfection that is unattainable



"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways, submit to him and he will make your paths straight."

Proverbs 3:5-6 NIV



When we trust God with the outcome of our schedules and lives, we will have...

- More Peace
- -Greater Contentment
- -Unwanted anxiety and stress



### Tools to Help Lighten Your Load

- Keep a gratitude journal to help combat complaining and perfectionism







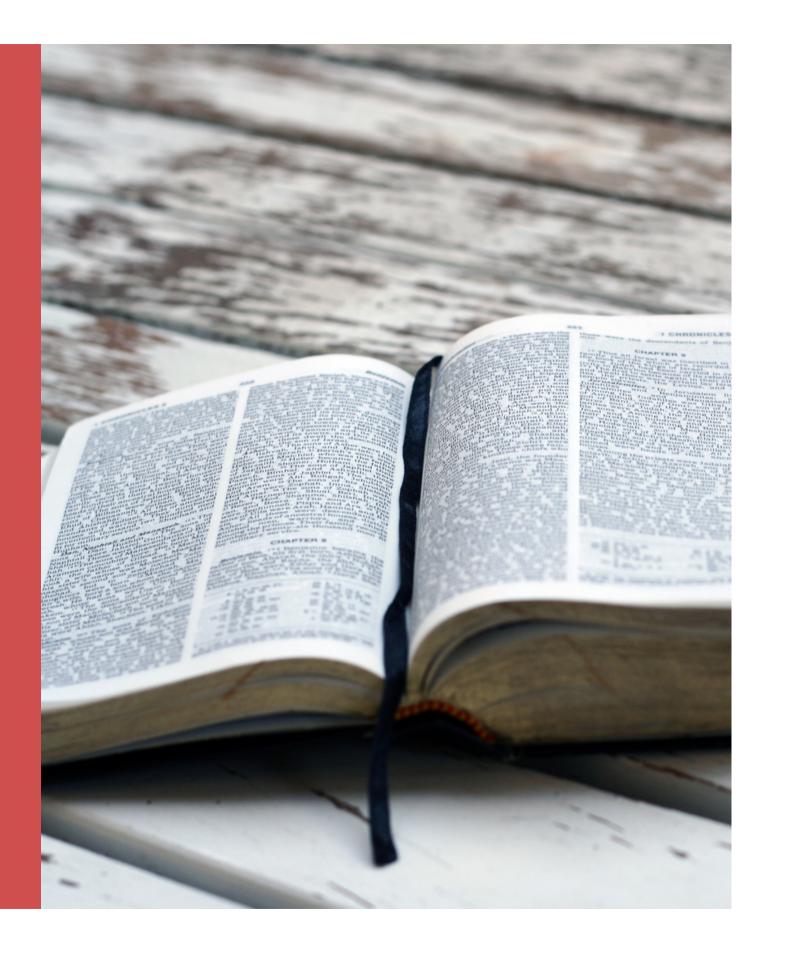
Practice saying no more to things, events, and people that will keep you drained and overwhelmed. Do you struggle with saying no?

If so, why?

How will saying no free you? (write in the chat)



"Therefore, there is now no condemnation for those who are in Christ Jesus." Romans 8:1 NIV





### Why Rest?

- -Rest is biblical (Matthew 11:28-30)
- -Rest restores, renews and reenergizes our bodies, minds and spirits.

Exercise: Take out your calendar and pick one day you will rest.





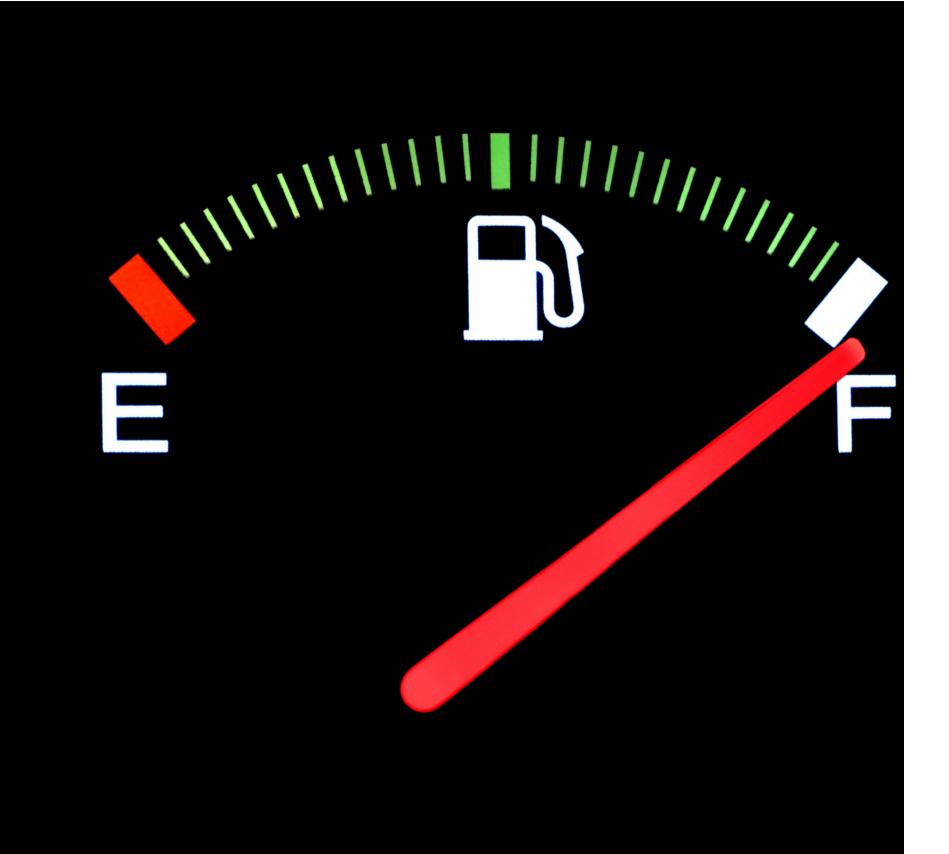
### Resources to Help You Spend More Time with God

- -Bible
- -Journal
- -YouVersion Bible App
- (www.bible.com)
- -BibleStudy Tools
- (www.biblestudytools.com)
- -Girl Rest Ministry



### Ways to be Filled Back Up

- -Read and Meditate on God's Word
- -Regularly pray to and rely on God for Strength
- -Say no to doing more things
- -Rest
- -Do something fun just for you





"You cannot give to and serve others with what is not being regularly being filled up within yourself."

Kirstyn Mayden-Excerpt From Merciful Moments



### Giveaway Time!

of Merciful Moments: A Devotional Journal for Moving Forward with Grace Each Day

1. Name one of the five strategies that I mentioned to help you recover from burnout.



Let's Stay Connected!

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FB: Kirstyn Mayden

YouVersion Bible Plan: Merciful Moments for M.O.M.S

Merciful Moments Devotional Journal: Available on Amazon

