

BURNOUT

A Common (Yet Neglected) Problem

Adapted from the *Reset* infographic



WE LIVE IN A BURNOUT CULTURE.

Increasingly, people report experiencing burnout at record rates across all professions, classes, and genders, resulting in broken bodies, broken minds, broken hearts, broken marriages, and broken churches.

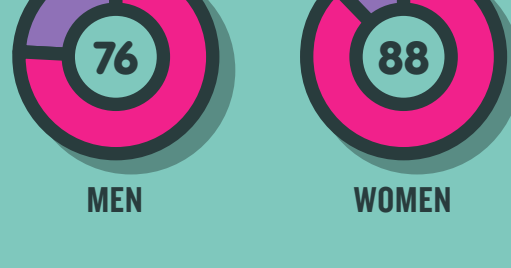
In September 2016, Crossway surveyed over 6,000 readers, asking questions about their experience of burnout, the results of which are presented below.

HAVE YOU EXPERIENCED BURNOUT?

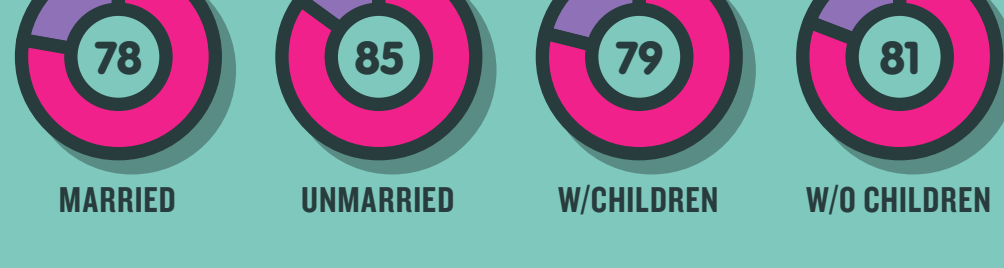
Burnout is a state of physical, mental, emotional, and spiritual exhaustion caused by living at too fast a pace for too long, or by living with too many stresses in our lives.



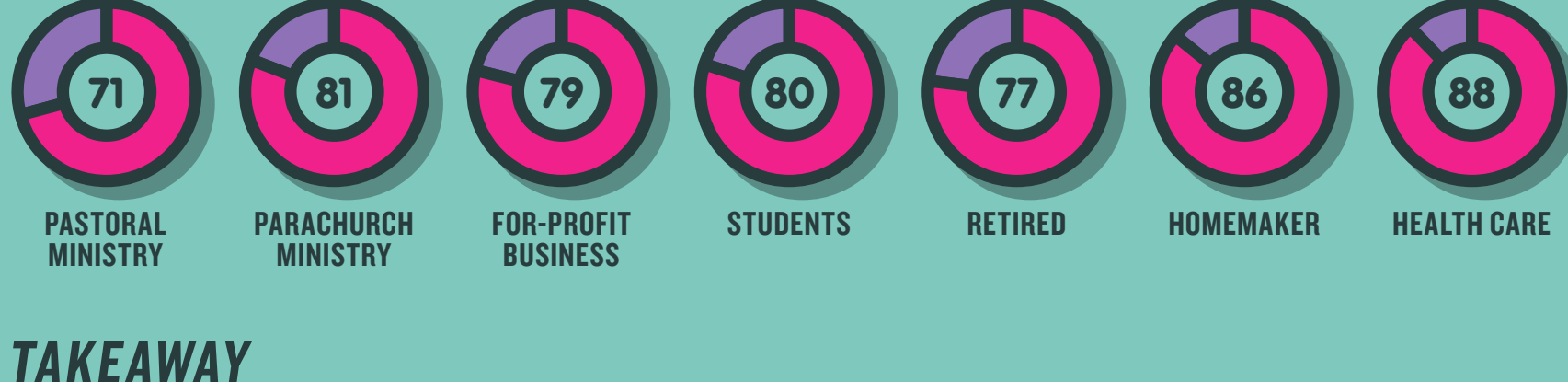
% BY GENDER



% BY FAMILY STATUS



% BY OCCUPATION

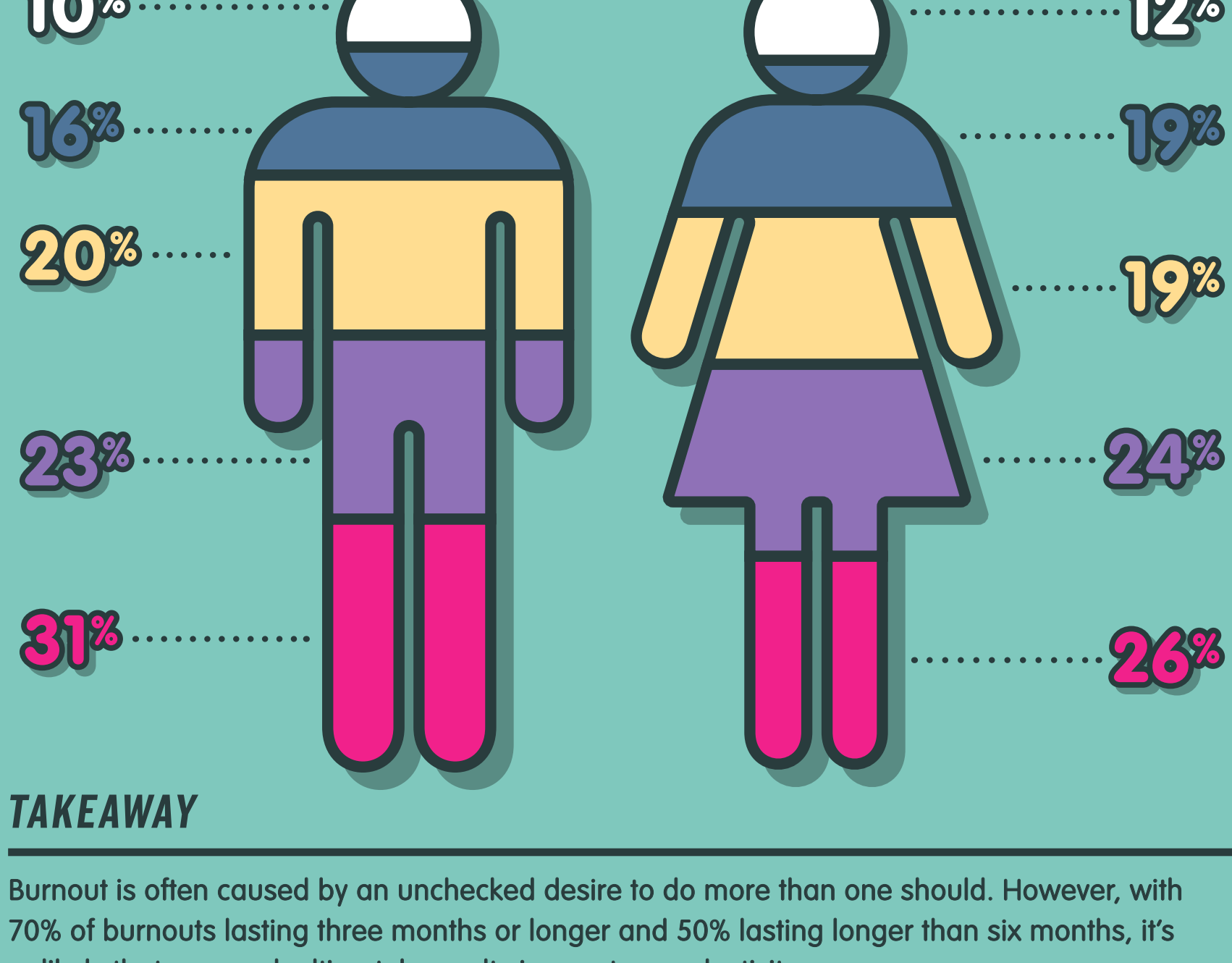


TAKEAWAY

Burnout is no respecter of persons. It defies stereotypes and impacts all sorts of people at all stages of life and in every kind of calling.

HOW LONG DID YOUR SEASON OF BURNOUT LAST?

0-3 MONTHS 4-6 MONTHS 7-11 MONTHS 1-2 YEARS 3+ YEARS

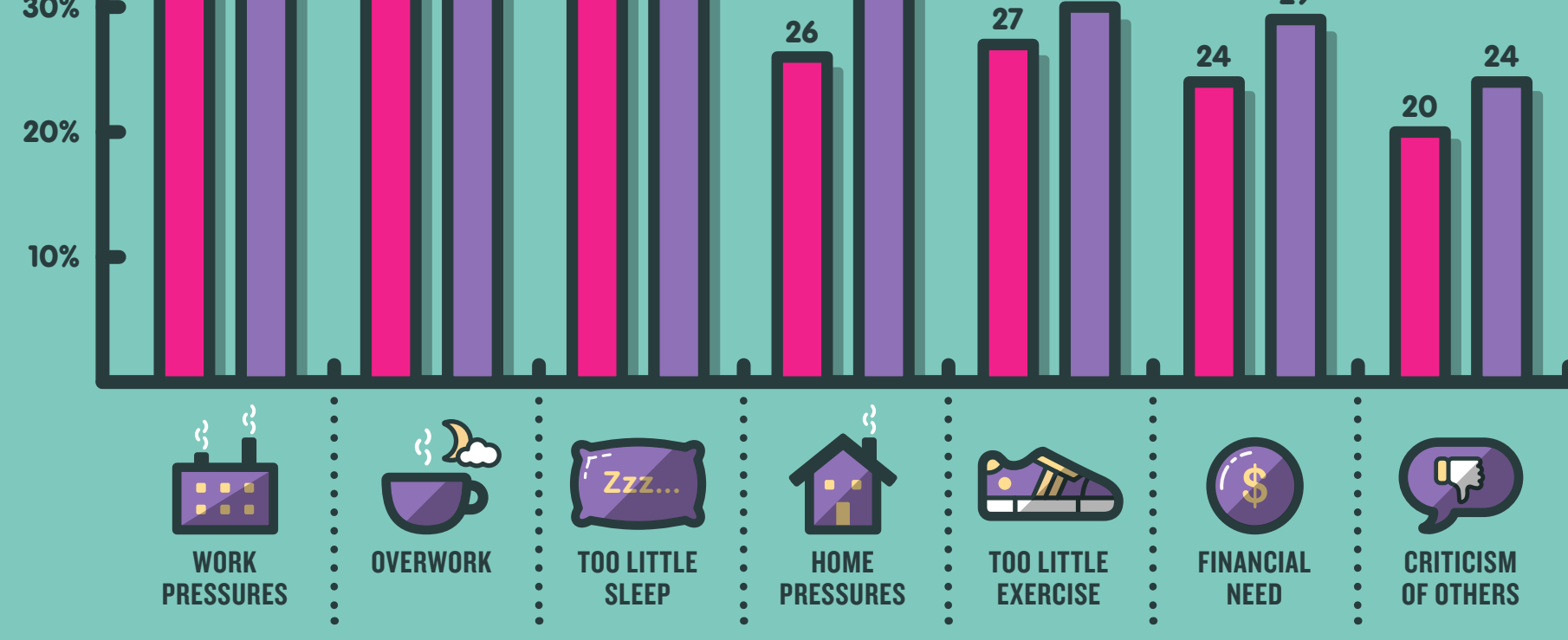


TAKEAWAY

Burnout is often caused by an unchecked desire to do more than one should. However, with 70% of burnouts lasting three months or longer and 50% lasting longer than six months, it's unlikely that overwork ultimately results in greater productivity.

WHAT CONTRIBUTED TO YOUR BURNOUT?

MEN WOMEN



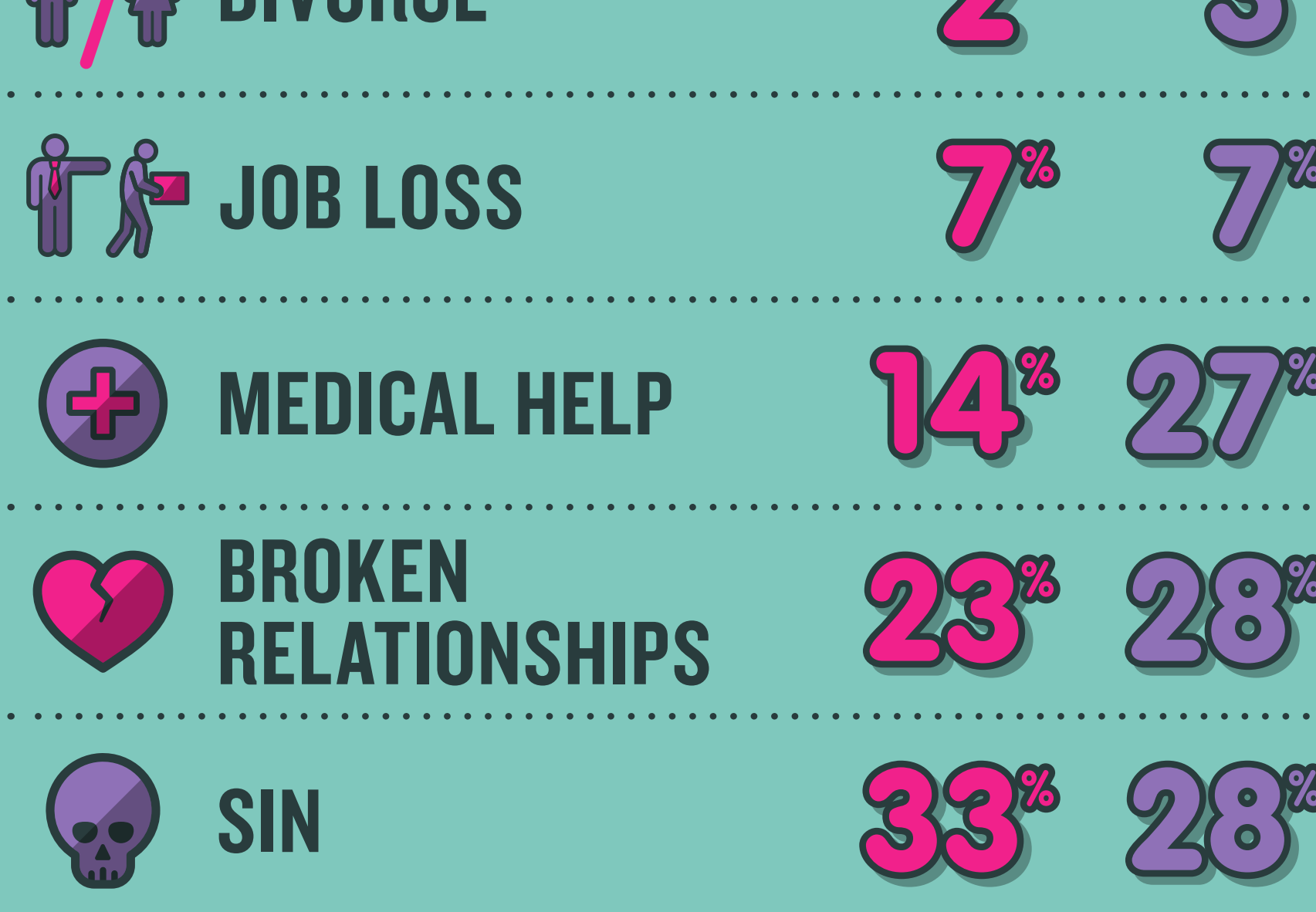
TAKEAWAY

Burnout usually has multiple interconnecting causes. An imbalance in one area of our lives leads to imbalances in other areas. We cannot overwork our bodies and minds and expect to thrive spiritually and relationally. Neither can we expect to neglect the soul and remain balanced and healthy in other parts of our lives.

WHAT WERE THE NEGATIVE EFFECTS OF YOUR BURNOUT?

MEN

WOMEN

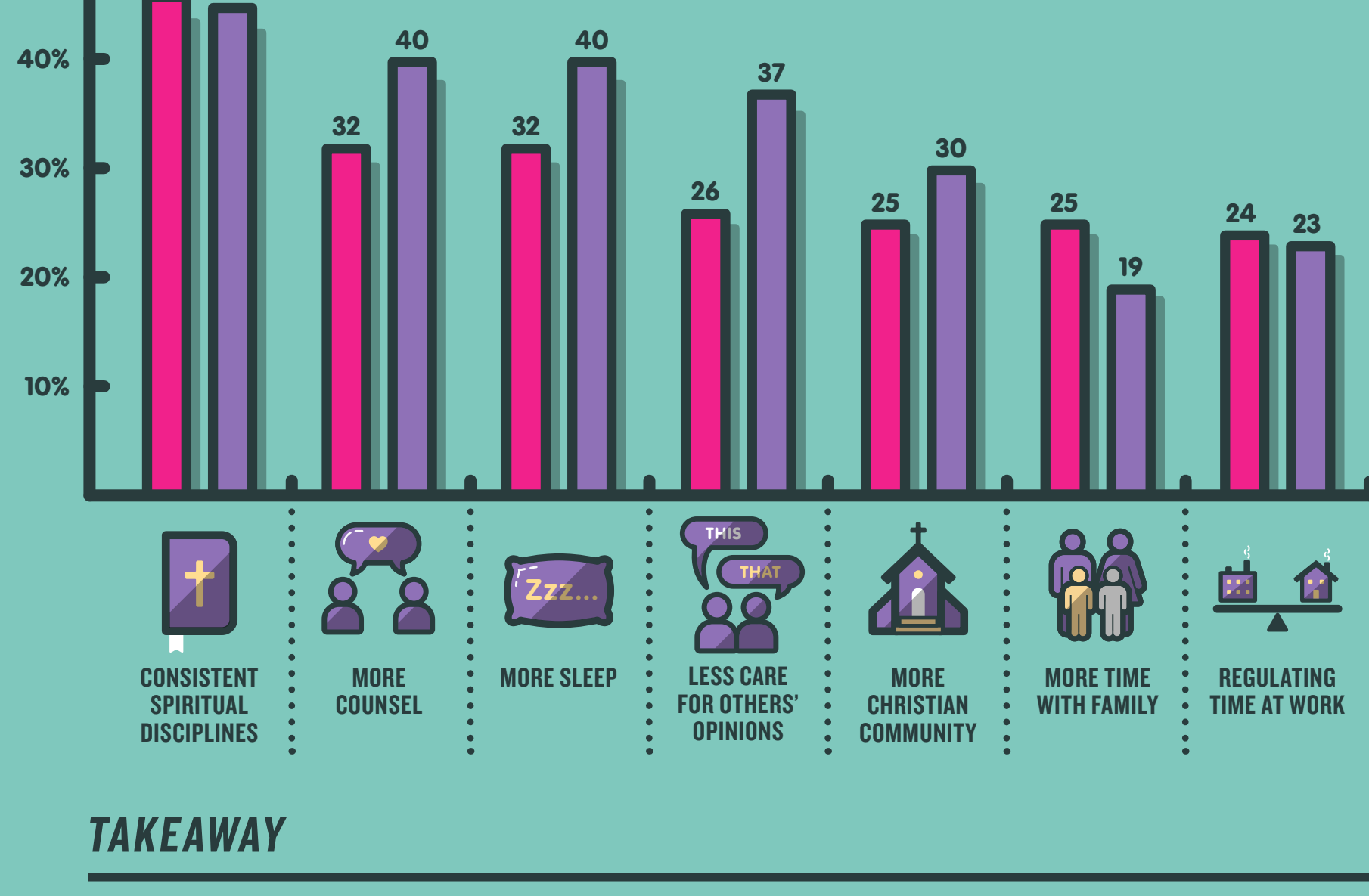


TAKEAWAY

Women are almost twice as likely to seek medical help than men, while men are more liable to fall into sin as a result of burnout. Men's refusal to seek help often results in moral and spiritual failure.

WHAT COULD HAVE PREVENTED YOUR BURNOUT?

MEN WOMEN

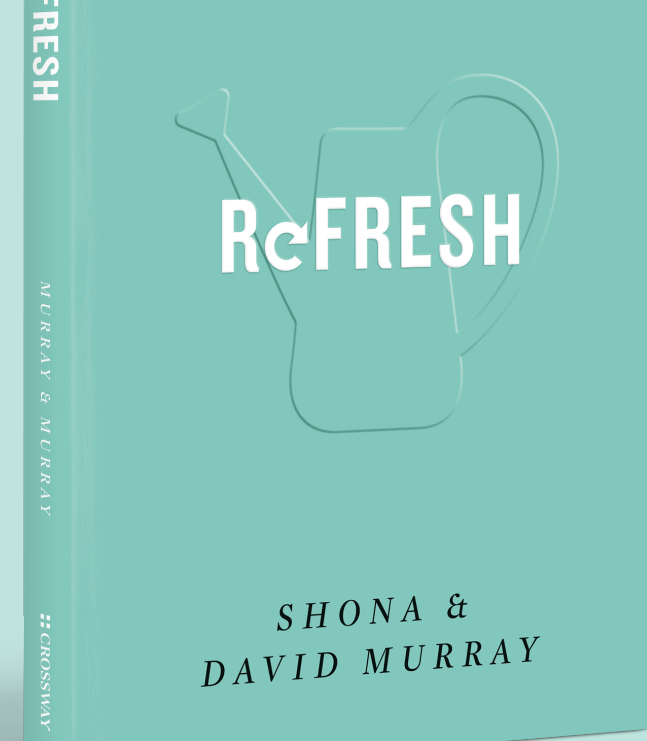


TAKEAWAY

More consistent use of the spiritual disciplines prevents burnout because things like prayer and Bible reading not only bring us into God's restorative presence, but also help us to see ourselves, our responsibilities, and our problems from a divine perspective, resulting in peace and wisdom.

SO...WHAT NOW?

Burnout is a miserable experience with multiple painful consequences for our bodies, souls, minds, relationships, and jobs. But God has lovingly provided holistic solutions that minister to every part of our humanity so that we can enjoy living grace-paced lives even in the midst of a burnout culture.



REFRESH

EMBRACING A GRACE-PACED LIFE IN A WORLD OF ENDLESS DEMANDS

BY SHONA AND DAVID MURRAY

Life can be overwhelming. Sometimes it feels as if everything and everyone demands all of our time, our resources, our energy, and our very lives. Writing to women in the midst of this busy, do-it-all culture, wife-and-husband team Shona and David Murray offer practical tips for living at a more sustainable pace and avoiding exhaustion, depression, and anxiety.

Sharing personal stories of their own struggles with overwhelming demands, they give counsel on everything from sleep to social media, relationships to recreation, and exercise to eating. This book encourages women to cultivate a healthy approach to life motivated and moderated by Christ's transforming grace.

CROSSWAY.ORG/REFRESH