



# BURNOUT

*A Common (Yet Neglected) Problem*



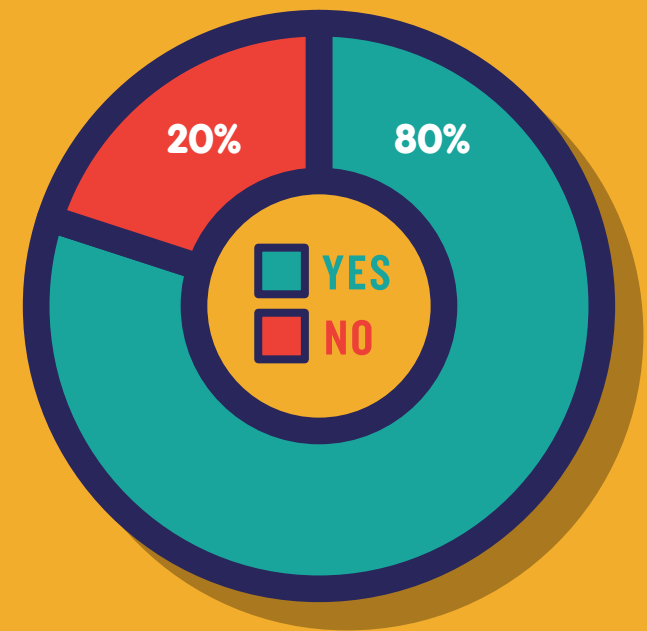
## WE LIVE IN A BURNOUT CULTURE.

*Increasingly, people are reporting 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 sent a survey to over 6,000 readers, asking questions about their experience of burnout, the results of which are presented below.*

# HAVE YOU EXPERIENCED BURNOUT?

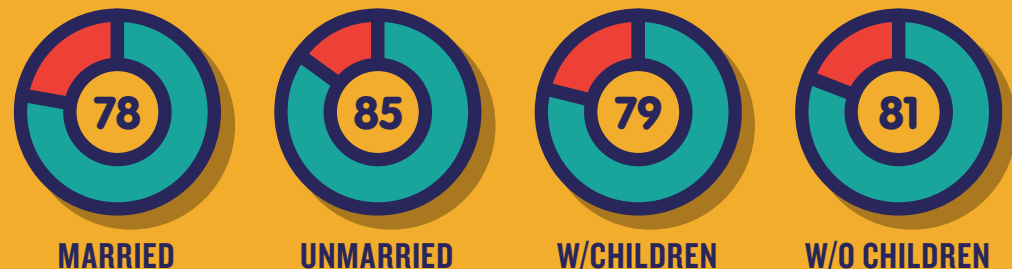
*Burnout is a state of physical, mental, emotional, and spiritual exhaustion caused by living at too fast a pace for too long, or by living with too many stresses in our lives.*



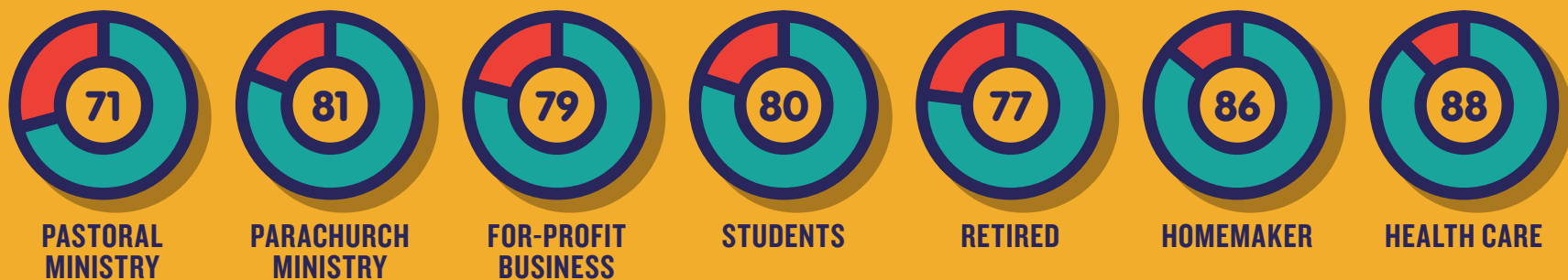
## % BY GENDER



## % BY FAMILY STATUS



## % BY OCCUPATION

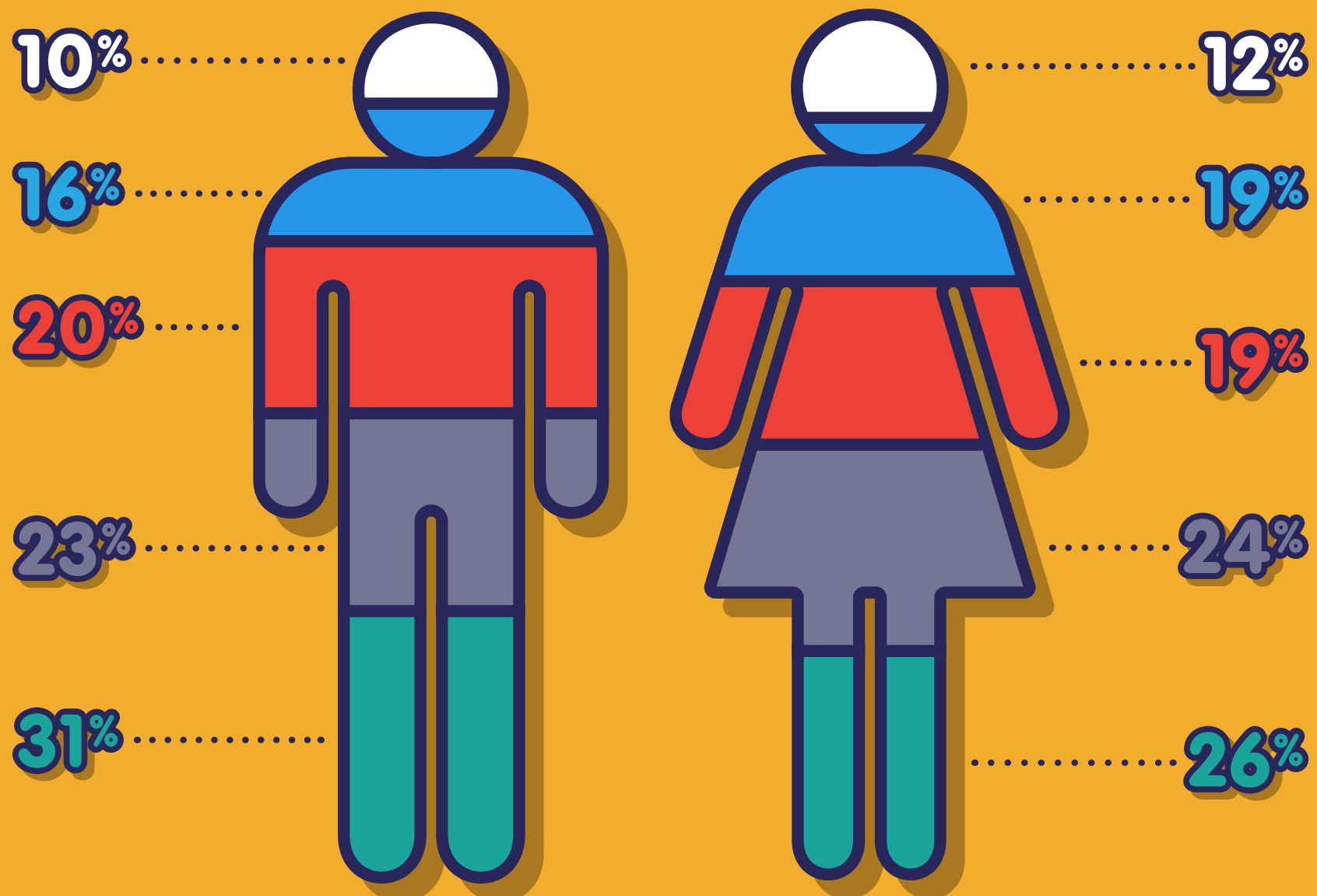


## TAKEAWAY

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?

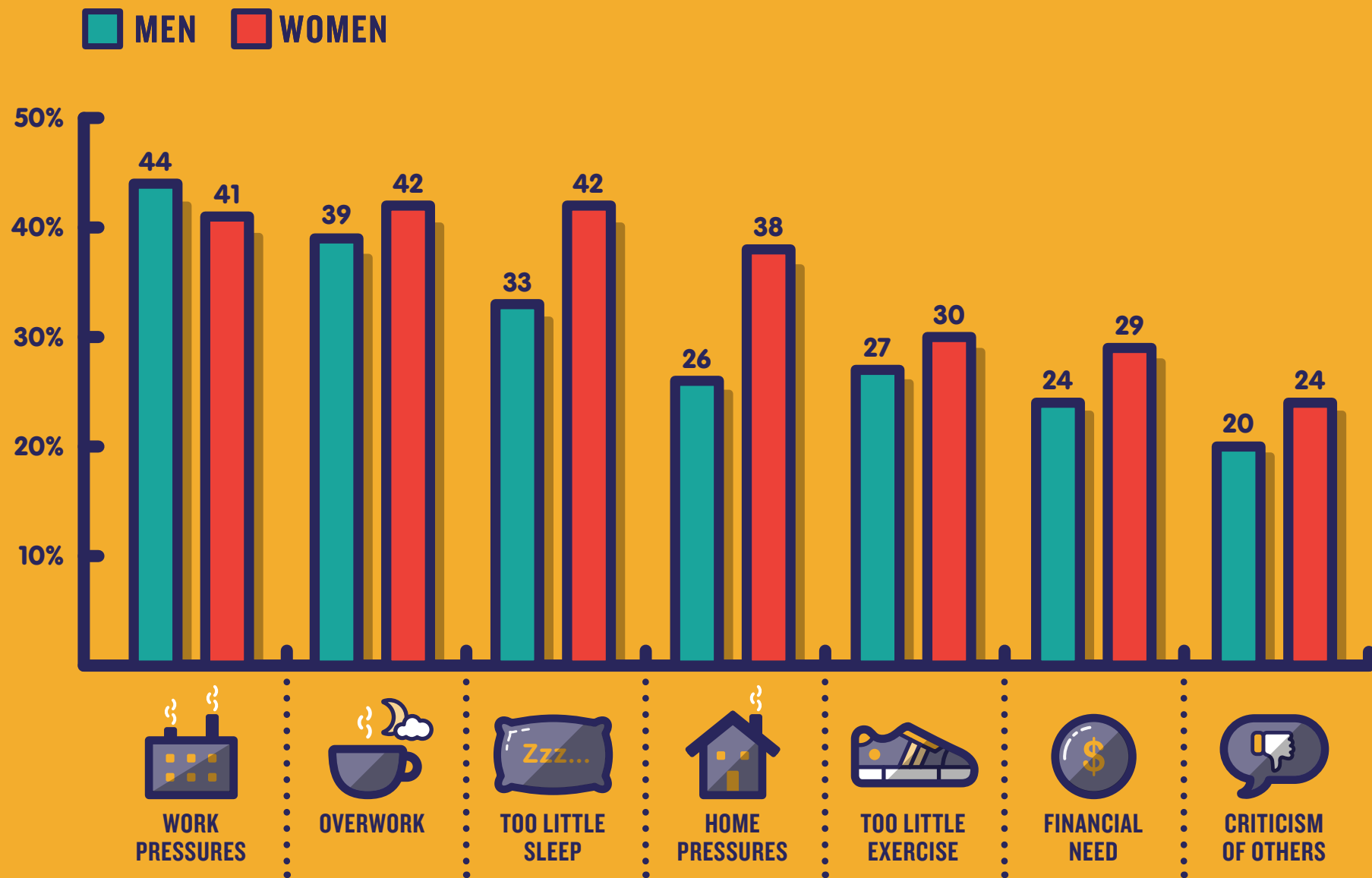
0-3 MONTHS 4-6 MONTHS 7-11 MONTHS 1-2 YEARS 3+ YEARS



## 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?



## 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.

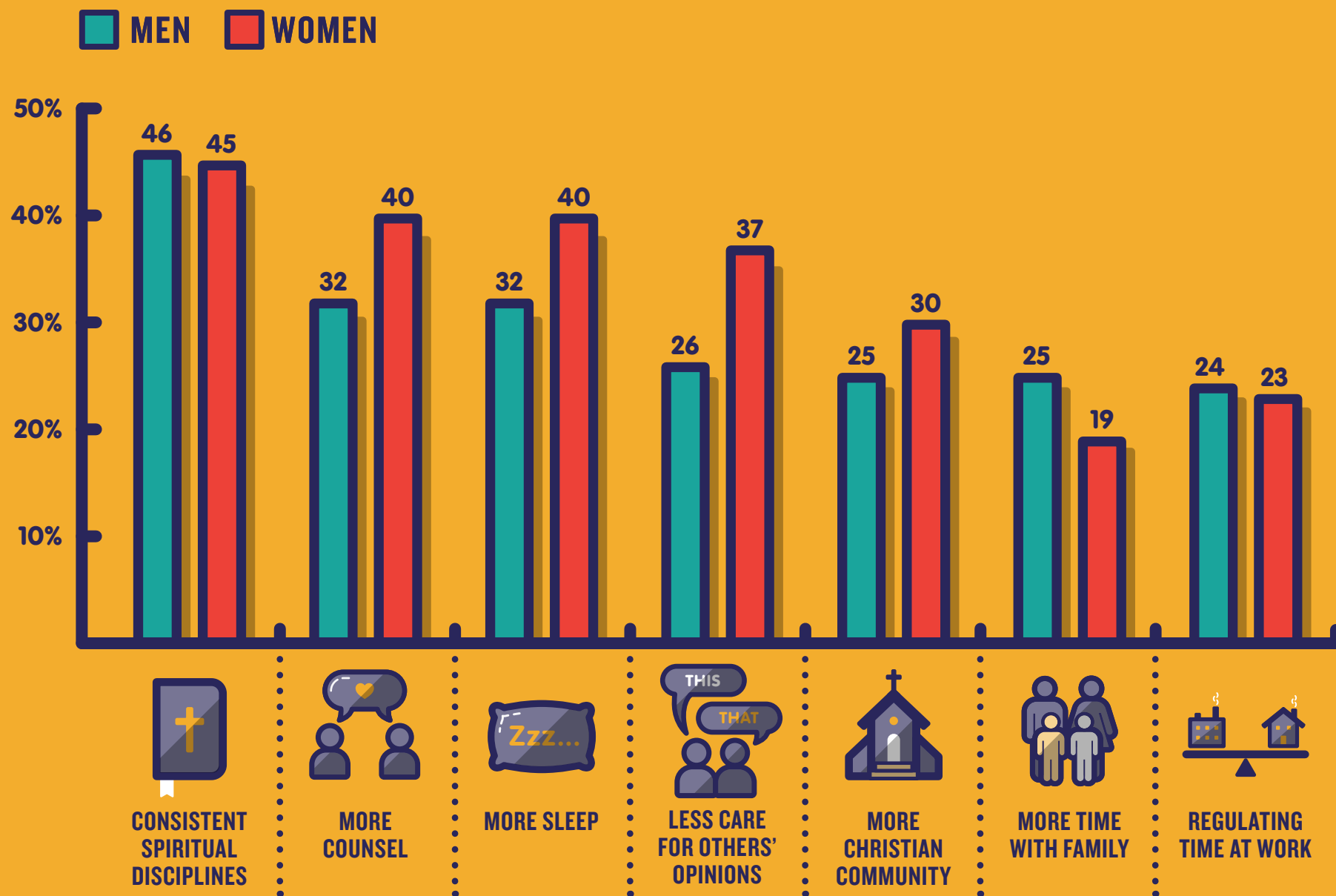
# WHAT WERE THE NEGATIVE EFFECTS OF YOUR BURNOUT?

	MEN	WOMEN
 <b>DIVORCE</b>	2%	3%
 <b>JOB LOSS</b>	7%	7%
 <b>MEDICAL HELP</b>	14%	27%
 <b>BROKEN RELATIONSHIPS</b>	23%	28%
 <b>SIN</b>	33%	28%

## 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?

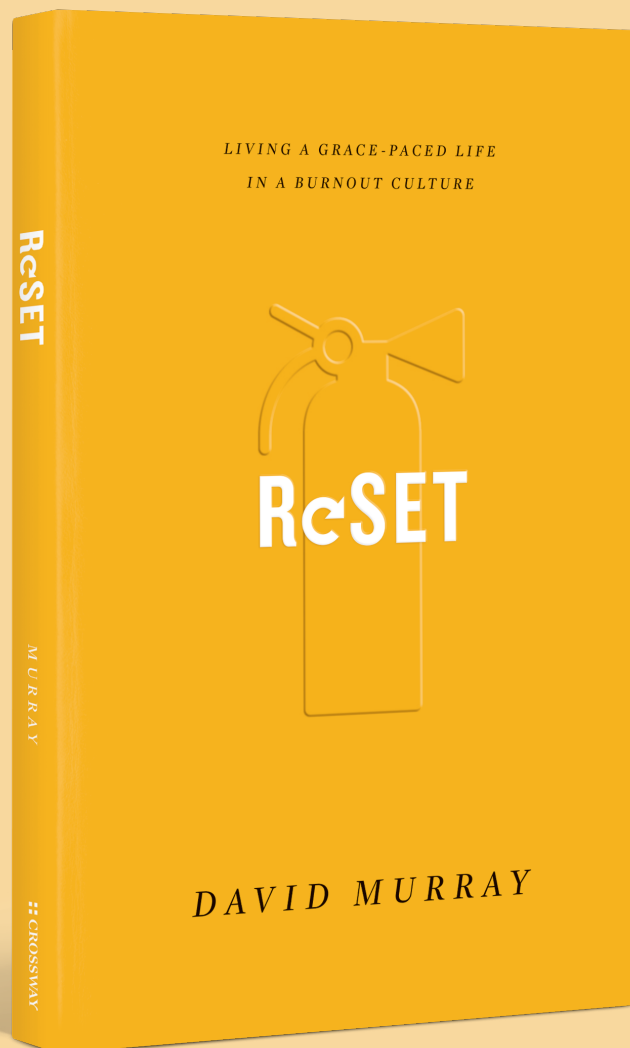


## TAKEAWAY

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.*



## **RESET**

**LIVING A GRACE-PACED LIFE IN A BURNOUT CULTURE  
BY DAVID MURRAY**

"How did I get here?" These are the words of many Christian men on the brink of burnout or in the midst of breakdown. They are exhausted, depressed, anxious, stressed, and joyless. Their time is spent doing many good things, but their pace is unsustainable—lacking the rest, readjustment, and recalibration everyone needs on a regular basis.

But there is good news: God has graciously provided a way for men to reset their lives at a more sustainable pace. Drawing on his own experiences—and time spent with other men who have also experienced burnout—pastor David Murray offers weary men hope for the future, helping them identify the warning signs of burnout and offering practical strategies for developing patterns that help them live a grace-paced life and reach the finish line with their joy intact.

**CROSSWAY.ORG/RESET**