



# Caring for Our People

*Manaakitia ā tātou tāngata*

*May 2021*

*As-salāmu ‘alaykum. Peace be with you.*

## Are you subject to or suffering from burnout?

Either as ministers or lay people, many roles in our church communities are pastoral and caring of others. How do we recognise when we may need care ourselves?

It is easy to think that when we feel a bit low that it may be a cold and we will work our way through it. Or maybe we think we didn't have an excellent sleep last night, so it isn't surprising that today doesn't feel excellent either.

I have previously spoken about the winter blues and checking in about our mental wellbeing, but burnout is almost the next stage; the stage that happens if winter blues and mental wellbeing is left out of balance.

Recognising the signs is important and the article in this link contains clear definitions between the different stages and components that lead to recognition. <https://www.grow.co.nz/burnout-in-caring-professionals/>

[Click here to read about Identifying and Managing Burn Out in Caring](https://www.grow.co.nz/burnout-in-caring-professionals/)

I encourage everyone to do a self health check using the above link and take a few minutes to consider if aspects apply to you or maybe someone near and dear to you.

The article is useful in helping to identify:

- Burnout symptoms
- Symptoms of depletion or exhaustion
- Symptoms of negativity or cynicism
- Symptoms of ineffectiveness
- What to look out for
- Stress vs burnout
- Causes of burnout
- Getting off the burnout motorway



However hopefully this article also serves as a reminder about how many symptoms of burnout there are, how easy it is to start burning out without realising it!

Nobody is immune to stress.

Everyone needs support at times and I encourage you to reach out and ask for help when it's needed. Make the most the many resources that are available such as supervision and other wellbeing services that the Methodist Church of New Zealand, and the wider community, has available to you.

Help is always available.

[http://www.methodist.org.nz/caring\\_for\\_our\\_people/covid19/supportinformation#mental%20wellness%20support](http://www.methodist.org.nz/caring_for_our_people/covid19/supportinformation#mental%20wellness%20support)

**Aue! Kore te hoe, kore te tatā!**

Oh no! No paddles, no baler! (A canoe in this state would be lost).

**Nā Trudy Downes**

Mobile 027 457 4196 [trudyd@methodist.org.nz](mailto:trudyd@methodist.org.nz)

