

*7 Tips from Women*

**Who Have Moved  
From Burnout to  
Healthy Balance &  
Boundaries**



Do you feel pressed against the edge every single day? Is the pace of life and ministry unsustainable? You are not alone. Many women have been right where you are...feeling overwhelmed and burned out. But it doesn't have to be this way. In fact, I believe that living in a continuous state of busyness is not what God has called you to do.

Your ministry position is part of who you are but it isn't the whole story. If you want to live fully as your whole self it means that you'll need to create a healthy rhythm of balance and establish boundaries. Here are some tips from women who have moved from burnout and are experiencing new found freedom.



## *Know what you want*

You know you lack boundaries and you need to make a change. That's great! But what exactly does that mean? What do you want? This is a crucial foundational step. If you don't know where you want to be, you will never get there. If you know where you are headed you can make plans to help you arrive at your destination. Be clear on what you want.

## *Have a plan*

A sustainable pace to life and ministry will not just happen. If you keep doing the same thing, nothing will change. Women who have moved from burnout and are thriving are women who take action! What action steps do you need to put into place in order to experience what you want?

## *Communicate with your people*

Women who have healthy balance and boundaries regularly communicate their desires and plans with the people around them. Identify the people that you need to talk with and share your plans.

## *Practice time blocking*

Time blocking is a tool to help you get the important things done by making sure you spend your time accordingly. What are the main things that you need to do? Work out? Bible study? Sermon planning? Visitation? Dinner with family? Preparation to teach? Date night? Meetings? Identify your "big rocks" and block off that time on your calendar first. You can do this monthly, weekly, or daily depending on your priorities and season of life. This practice helps you create the rhythms you desire because you know the things that matter most are in place.





## *Designate an end time to your day*

Many of us become overwhelmed and burned out because we believe the lie that good leadership is being available 24/7, therefore, we are always accessible. This leads to burnout and compromises your ability to serve well. Decide when you will stop for the day. Designate a time to leave your office and to shut down your email. If an emergency arises, someone can call or text you and then you can decide if it is truly worthy of a “right now” response. Many times it is the tyranny of someone else’s urgent rather than a true emergency. You get to decide. Making it a habit to stop each day at a particular time creates space and margin to give attention to the other roles you play and creates space for other things in life. Plus it keeps you energized and focused for the ministry ahead. That’s good leadership.



## *Set aside a day to stop*

Do you have a regularly scheduled day to stop doing ministry? This is a common habit for women who thrive. Some stop the same day each week, others take a look at what’s ahead each quarter and make sure days are set aside. There is no right or wrong formula to follow. What we do know is this: women who stop are women who are able to continue to do what they love for the long haul. It’s hard. It cuts to the core of whether or not we trust God to care for people and situations in our absence. But it is necessary to have days when you know you are not responsible and it helps reinforce the truth that God is really the one in control.



## *Schedule weekly reviews*

Women who have moved away from patterns of behavior and thinking that lead to burnout are women who don’t live by chance. They make sure that they are spending time, energy and resources on the right things at the right time! How do you know if you are doing the same thing? Carve out an hour each week and ask yourself...how’s it going? Am I happy with the way I spent my time? Am I keeping my priorities? Do I have time for me? What worked well? What needs to change? When you take time to reflect and use that information to make adjustments, you take it to the next level and in the process, elevate the leadership of those around you!