

1

When You're Running on Empty

Understanding Burnout and Caregiver Fatigue

You can't pour from an empty cup. Caring for others is important, and so is caring for you.



SIGNS YOUR CHAIR NEEDS ATTENTION



Constant exhaustion despite rest



Feeling emotionally numb or disconnected



Irritability or reduced patience



Difficulty concentrating



Loss of enjoyment in things you once loved

PULL UP A CHAIR FOR YOURSELF



Take a five minute pause without multitasking



Eat and hydrate before caring for someone else



Ask for help before you reach crisis



Schedule rest as intentionally as appointments

SIMPLE CHECK-IN

- What can I carry today?
- What belongs to me?
- What can I set down even temporarily?

REFLECTION

"If I treat myself with the same compassion I offer others, what would I need today?"



There is always a place for you here



2

Questions are Welcome Here



Faith, Doubt and Spiritual Questions

There is always room at the table for questions.

YOU MAY BE WONDERING...



Why does faith feel different than it once did?



Why am I struggling to pray?



How do I reconcile suffering with belief?



What if I no longer know what I believe?

GENTLE TRUTHS

- Questions do not disqualify you.
- Growth often requires wrestling.
- Faith and uncertainty can coexist.
- You don't have to have all the answers today.

A REFLECTION EXERCISE

Complete the sentence: *"The question I am most afraid to ask is..."*
Then ask: *"What would happen if I gave myself permission to explore it?"*



You do not have to leave parts of yourself outside the room.
Every question deserves a seat at the table.



3

Leading Without Losing Yourself



Ministry & Leadership Exhaustion

The people who hold space for others
also need space to be held.

WARNING SIGNS OF LEADERSHIP FATIGUE



Feeling responsible for
everyone's wellbeing



Difficulty disconnecting
from work



Emotional depletion after
helping others



Feeling pressure to
always have answers



Losing connection to your
own needs



HEALTHY LEADERSHIP REMINDERS



Being available is not the same as
being accessible 24/7



Boundaries protect sustainability



Rest is a responsibility,
not a reward



You are more than your role

RECLAIMING YOUR SEAT

Ask yourself "Who knows how I'm
really doing?"

Every leader deserves people
who provide support rather than
only receiving it.



*What part of myself have I neglected while caring
for everyone else*



4

Holding Loss With Compassion



Grief, Loss & Meaning Making

Grief changes the shape of the table,
but your story still belongs there.

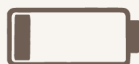
GRIEF CAN LOOK LIKE



Sadness



Waves of
emotion



Fatigue



Difficulty
concentrating



Numbness



Anger

GENTLE WAYS TO HONOUR GRIEF

- ♡ Speak the name of what was lost.
- ♡ Create a memory ritual.
- ♡ Share stories with trusted people.
- ♡ Allow emotions without judgement.

MEANING-MAKING QUESTIONS

- ♡ What has this loss taught me about love?
- ♡ What remains important to me?
- ♡ How am I carrying this forward?



Healing does not mean forgetting.
It means learning how to carry both love and loss together.



5

Checking in With Yourself



Emotional Wellbeing

A chair at the table begins with making
room for your own emotions.

PAUSE & NOTICE

Right now, I feel:

- ☐ Calm
- ☐ Sad
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Hopeful
- ☐ Tired
- ☐ Unsure
- ☐ Something else _____

GROUNDING PRACTICES

Look around and identify:

- ⑤ 5 things you can see
- ④ 4 things you can touch
- ③ 3 things you can hear
- ② 2 things you can smell
- ① 1 thing you can appreciate



EMOTIONAL NEEDS CHECKLIST

Today I may need:

- | | | |
|-------------------------------------|-----------------------------------|--|
| ☐ Rest | ☐ Movement | ☐ Support |
| ☐ Connection | ☐ Quiet | ☐ Encouragement |
| | | ☐ Boundaries |



What would it look like to offer myself the same kindness I would offer a friend?

