



## Importance of Work-Life Balance

There are times when it feels like work completely takes over life, and soon you are thinking or worrying about work items during the off hours when you want to be engaging in other activities. Our work can get stressful very quickly, especially when our work is ministerial and pastoral. Dr. Amy Sullivan, PsyD at Cleveland Clinic notes that it is natural to put our best foot forward in all that we do. Talking with others, listening to their strife, and consoling them through times of grief are wonderful gifts, but this can also take a tremendous toll on mental health.

Being in the roles of leaders and caregivers, there are added levels of stress we can take home with us. Maintaining a work-life balance can be difficult, especially when there feels like there is little support or someone else to do the work. Additionally, where we are in life or our own health struggles may add to an already demanding leadership role and can take away the joy from our ministry. Feelings of exhaustion can negatively affect us physically, emotionally, and mentally, and can lead to various physical ailments, such as heart problems and muscle aches, or illness. Trouble staying asleep, eating poorly, and feeling like we do not have enough time to rest, or to get to the doctor when we are sick are also symptoms of a poor work-life balance.

Burnout is a condition that can lead to feelings of inadequacy, a lack of desire to accomplish anything, or even depression. Burnout may lead to not only not caring about oneself but losing

interest in the people around us and potentially even our ministry. With burnout, one may start to feel hopeless and isolated, which will only cause more stress and worsen the way one feels.

Tina Halliday, LCSW and Behavioral Sciences Manager at Huntsman Mental Health Institute identifies strategies and steps one can take to prevent experiencing burnout such as:

- **Set Boundaries**-Protecting your time and energy is essential in preventing burnout. Setting time aside for yourself and your joy allows you to return to work feeling fresh and renewed.
- **Mindfulness**-Practicing meditation or even sitting quietly for 5-10 minutes a day helps us to feel grounded. Make sure when you are taking this quiet time, all phones, and distractions are set aside.
- **Reframe Your Perspective** – Combating burnout can be made easier when we reframe our perspective or view our responsibilities as creating growth. Focusing on the positive aspects of your work, or breaking tasks into smaller, more manageable tasks, are steps to help look at things differently.
- **Ask for Help** – If you are really feeling overwhelmed, ask for assistance. No one should feel like they must manage everything on their own, and leaning on someone else can ease more challenging responsibilities.

For the complete list of tips to prevent burnout from Tina Halliday, click [here](#).

For Dr. Sullivan's full article and how to spot potential imbalances between work and personal life, click [here](#).

*Edited.*