

STRESS *and* BURNOUT

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WHAT'S THE DIFFERENCE BETWEEN STRESS AND BURNOUT?

BY FOCUS ON THE FAMILY CANADA

From the moment Mike wakes up, he feels his heart racing. Despite going to bed at the same time as his kids the night before, he slept fitfully, unable to relax, unable to calm his mind. He constantly feels overwhelmed, but he also knows he has no time to slow down, so he powers through. Mike is stressed and he knows it.

Like a machine going through the motions, Elaine gets out of bed after another night of insomnia. Her husband tells her she's become more distant, but she disagrees. After all, she feels the same about him as she does her work, her friends and her grandchildren. After the events of the last year, it's as if nothing can touch her anymore. Little does she know, Elaine is burned out.

Stress and burnout are terms that are often thrown around, but many people misunderstand what they really mean – and why they're different. Contrary to what some people believe, they are not interchangeable and treating one as the other could lead to further damage.

UNDERSTANDING STRESS

"I'm so stressed" is a common refrain in our too-busy culture. Everyone feels stress at some point or another. Stress can be a temporary reaction to an adrenaline-inducing situation like getting into a fender bender or a response to an "off day" where everything seems to go wrong. When we feel stress, we react physiologically and move away from our normal resting equilibrium, but stress isn't inherently bad. This so-called "fight or flight" response can be helpful for us to avoid danger.

Prolonged periods of stress, however, are toxic to our mind, body and spirit. Here are some of the main warning signs of stress:

- You emotionally overreact to those around you.
- You are physically exhausted.
- You feel a sense of urgency and heightened physiological reactions to stimuli.
- You are keeping up the same amount of activity but you're running on a low to empty fuel tank.

RECOGNIZING BURNOUT

Burnout, on the other hand, is often not identified until after you've been living in it for some time. In the 1980s, psychologists Christina Maslach and Susan E. Jackson created a definition of burnout that is still used today:

“Burnout is a syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment that can occur among individuals who do ‘people work’ of some kind.”

We often hear about burnout from people working in ministry, like pastors and missionaries, but anyone can experience burnout. Here are the characteristics of someone who is burned out:

- Your emotions are blunted; you feel numb.
- Your exhaustion is both physical and emotional, affecting your motivation.
- You feel a sense of helplessness and hopelessness.
- You disengage and detach from your work, your relationships and sometimes even your faith.

TREATING STRESS AND BURNOUT DIFFERENTLY

If you think you are burned out, but you're actually stressed, either of the following treatment plans will help you. However, if you think you are stressed, but in reality you're burned out, treating it as stress will only exacerbate your condition. In either situation, it's a good idea to visit your doctor to get a medical assessment and rule out other factors.

Treating stress involves creating a healthy lifestyle by eating well, prioritizing restful sleep, taking breaks, exercising regularly and practicing your spiritual disciplines (prayer, reading your Bible, engaging in Christian fellowship, etc.). The goal of stress treatment is to return your body to its normal resting equilibrium. By reassessing your priorities and understanding your limitations, you can set

healthy boundaries necessary to take care of yourself. You can ask for help from your spouse, a close friend, a pastor or even a counsellor as you seek healthy rhythms in your life. Managing stress can often be done by making small changes in our day-to-day routines.

Burnout, however, needs more than small changes.

While those who are burned out also need to lead a healthy lifestyle, they first need to acknowledge the state they are in. If your spouse, a friend or a co-worker has concerns about how you're doing, listen to them. Ask for feedback. Set aside the assumption that burnout is a sign of weakness or failure. Naming your emotional reality is a crucial first step to recovery. More often than not, burnout requires an extended break from work as well as professional assessment. In burnout, your mind, body and spirit get so used to being disengaged and detached that it requires a major reset to find healing. Depending on the severity, a break could be some time away, or a leave of absence, sabbatical or even a career change. The biggest help in your healing journey will be regularly seeing a registered counsellor trained in dealing with burnout. They can come alongside you as you identify the patterns that brought you to where you are, re-evaluate your priorities, and set necessary boundaries to protect yourself from future burnout.

Stress and burnout are not the result of being spiritually weak or not trusting God enough.

Stress and burnout are not the result of being spiritually weak or not trusting God enough. Even the prophet Elijah experienced a season of burnout. But in God's goodness, he took care of Elijah in the ravines of Kerith (1 Kings 17), and in his goodness, God will take care of you through a community of counsellors and psychologists, pastors, friends and loved ones who can help you create a real plan to step out of hopelessness and into a place of healing.

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THE ROADS IN AND OUT OF BURNOUT

BY WENDY KITTLITZ

Joe sat listlessly in his office all morning, grateful for his administrative assistant who had agreed to hold all of his calls and give him privacy for the work he had to do. As he glanced at the clock, he realized that he had done little but stare off into space for the past three hours. He felt drained, discouraged, numb and exhausted, even though he had not spent any energy at all. Despite being a pastor for years, the thought of having to preach on Sunday made him feel almost panicky and he wanted nothing more than to run away and hide.



Joe is burned out. His work has become painful, tiring and draining. He is not sure how he got here and he is even less sure of what to do next.

HOW DID HE GET HERE?

Three common reasons may have led Joe down the road to burnout. While his reasons are ministry-specific, anyone can experience burnout, regardless of their field of work.

1. BURDENS OF WORK

While leadership can be very rewarding and stimulating, there are times when leaders feel little control over what they are doing. They may be lacking in encouragement or positive feedback. They may have expectations that are unclear or overwhelming. Some feel weary from doing the same thing repeatedly with few apparent results. On the other side, work can feel chaotic and unmanageable, creating a continual state of high pressure to perform.

2. UNBALANCED LIFESTYLE

Some people simply work for too many hours with not enough downtime; they fail to observe God's rhythm of Sabbath rest. They also try to meet all of the unrealistic demands heaped upon them, without setting clear and necessary boundaries to protect themselves and their families. In fairness, they often do this out of genuine desire to serve the people they work with or the organization they work for, but they fail to realize the price this will cost them in the end.

Other chronic lifestyle deficiencies include basic issues of sleep, nutrition and exercise, as well as a lack of safe, close, supportive relationships where people can share personal struggles, cares and needs without judgement or condemnation.

3. PERSONALITY

Leaders are often people with high expectations of themselves and others – perfectionism is common. While those in leadership positions function much of the time as extroverts, some are truly introverts by nature. This creates a tremendous energy drain on the individual and is a common experience across careers. After a long day of interacting with people, they come home exhausted and unable to meet the needs of family, even though she or he may want to.

Additionally, some people have a high need to be in control and have difficulty delegating tasks to others or working collaboratively with a team. While these qualities make effective leaders (e.g., high-achieving, driven to succeed, vision-casting, etc.), they can also make someone more susceptible to burnout if it's all not kept in balance.

WHAT CAN JOE DO NOW?

Joe has recognized that he has many of the symptoms of burnout. This includes feeling chronically tired; frequent headaches and muscle pain; getting sick frequently; not sleeping well; feeling alone or like he has failed; questioning his call; becoming cynical and negative; feeling unmotivated; wanting to hide; overeating; being irritable; procrastinating; and just wanting to run away. Though he has had occasional, short bouts of some of these feelings before, they are now many and have lasted for quite a considerable period of time. Nothing seems to help much. His wife has even started asking if he should go see his doctor and get assessed for depression.

This is in fact an excellent first step. Joe may well be clinically depressed as this is a common feature of burnout. Joe needs to assess how he got to where he is today and that often requires help. A doctor can diagnose for depression and may recommend medication and/or a stress leave. A counsellor can objectively help Joe figure out which of the factors above have contributed to his state of burnout.

Joe also probably needs some sort of break in his routine. Depending on how severe his case is, this could be more than just a weekend away. It is likely that just this one week away will not resolve a case as serious as Joe's, but further goals and strategies would be recommended to build on this good beginning.

Finally, Joe needs to re-evaluate his goals and priorities and set better boundaries to protect his physical, spiritual and emotional needs. He needs to discuss these changes with his family and the leadership of his church and enlist their support.

HOW CAN YOU PREVENT BURNOUT?

If you are on the brink of burnout or wish to prevent it, the following lifestyle tips can help you create a strong personal, spiritual and work environment to maintain your energy:

- Cultivate a deeply personal relationship with God that is all about you and him, enjoying and loving one another.
- Work at achieving a balance between personal, family and work responsibilities.
- Take time off from the demands of your work on a daily, weekly, monthly and annual basis.
- Rest, eat well, sleep and do some things just for fun.
- Learn and teach others about unrealistic expectations.
- Develop a few safe, supportive friendships – ideally both individually as well as with your spouse at your side.

Wendy Kittlitz is the vice-president of counselling and care ministries for Focus on the Family Canada.

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Read the full article at FocusOnTheFamily.ca/PastorJoe

TAKING RESPONSIBILITY FOR YOUR OWN WELL-BEING

BY TARA LALONDE

When everything seems totally out of control and we're overwhelmed with stress, many of us search for something solid that we can stand on. We wonder, Is there anything we truly have control over?

In the Hope Restored program, we talk a lot about having control over one's own ESPM. These letters stand for our emotional, spiritual, physical and mental well-being. Why these four things? Because God says they are vitally important to him:

"You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind." (Luke 10:27)

These four aspects of our being are represented in this passage. Learning to love God emotionally, spiritually, physically and mentally means intentionally giving him authority over every aspect of our lives and partnering with him to care for ourselves in all four of these areas.

GIVING GOD AUTHORITY

The first part of loving God is giving him all authority. As we surrender our lives entirely to him and his plans for us, we learn to live more freely and authentically. He says he will never leave us or forsake us (Deuteronomy 31:6). That doesn't mean we will never get sick, face hardships, struggle, suffer or die. It means we belong to him and he will be right by our sides no matter what we are going through.

There is such peace available to us when loving him and knowing his love for us is our top priority. Being

able to recognize we are not in ultimate control over how our lives turn out is so freeing. God is in control.

CARING FOR OURSELVES

The second part of loving God with all aspects of our lives is recognizing we do have control over our personal well-being. We are not simply sitting by and expecting God to take care of us. As adults, God expects us to partner with him to care for ourselves. Children rely on their parents or caregivers to do this. However, at some point in later adolescence, that full responsibility transfers from our caregivers to ourselves.

This responsibility remains with us for the rest of our lives – it does not shift to our spouses when we get married. That is good news! If responsibility shifted to our spouses, we would once again not have control over our own well-being. Thankfully, that is not how God set it up. In fact, our ability to care for our own ESPM will determine how well we show up in our marriage.

"Okay," you might say, "but how does this look practically, in these four aspects of our lives?"

EMOTIONAL

The first step is accepting all emotions as morally neutral pieces of information. Though some emotions

are uncomfortable, they are not wrong. Expressions of emotions can be destructive at times, but the emotions themselves are not. Accepting and seeking to understand, and at times soothe, our emotions is how we care for them.

Do not rush to soothing too quickly, though. Take time to be curious about them. Give them permission to be there and seek to understand the root of them. Then, learn to speak truth to yourself in a kind and gentle way.

SPIRITUAL

Loving the Lord and caring for ourselves spiritually is about understanding just how much we are loved by God. This includes learning about who he really is, and who he says we really are.

Though we do not always understand how he allows the pain and suffering of our world, our spiritual well-being depends on our choosing to believe with our will who God says he is in Scripture.

The second part is choosing to believe who he says we are. Even when we don't feel it, our identity is secure in what he says, not what we or others have spoken over us.

Caring for our spiritual well-being is about building a deep personal relationship with God, the lover of our souls. We do this through practicing spiritual disciplines like reading the Bible, praying, meditating, practicing silence, fasting, etc.

PHYSICAL

We do not have full control over our physical health, but we can partner with God and take care of his temple (1 Corinthians 6:19). We do this by feeding ourselves well, exercising, and staying away from the things that Scripture tells us are not good for our body.

When illness comes, we pray, take steps to care for our bodies in the ways we are instructed to by doctors and leaders, and we surrender the outcomes to God. He is ultimately in control over the number of days we live.

MENTAL

Caring for our mental well-being is about regularly engaging our minds in a variety of novel things. This could include learning new things, problem-solving, memorization, doing puzzles and exchanging ideas with others. The attitude of mental well-being is about curiosity and openness to see things differently. Rigidity and judgment are the antithesis of caring for our mental well-being.

Tara Lalonde is a registered psychotherapist and currently works as a marriage therapist with Focus on the Family Canada's Hope Restored program.

Caring for our spiritual well-being is about building a deep personal relationship with God, the lover of our souls.



MANAGING STRESS AS A COUPLE

BY GREG AND ERIN SMALLEY

Two years into our marriage, my wife, Erin, and I were loaded down with obligations, and it was beginning to take its toll on us and our relationship. As I look back on that season, I realize we both started to cope with the burden in some unhealthy ways.

When I felt stressed out, I withdrew and isolated myself. Erin did the exact opposite. She became overly social and felt the need to connect with friends. Whereas I didn't want to be around anyone because I was exhausted, it seemed like Erin wanted to be around people every night. As you can imagine, this caused plenty of conflict.

Everyone has both healthy and unhealthy coping skills. Some of the more unhealthy ways people deal with pressure include withdrawing from friends, family and activities; taking out their stress on others with angry outbursts or physical violence; becoming a workaholic; overeating or eating too little; and seeking distractions such as shopping sprees or pornography.

What do you do when you're stressed out? When you deal with stressful events in unhealthy ways, you create new problems in your health and relationships. Let's take a look at what happens – and then some ways to constructively deal with stress.

THE IMPACT OF STRESS

Stress creates exhausted people who are empty inside – drained physically, emotionally, mentally and spiritually. When we're worn out, we have nothing to give, and our marriages suffer. Several problems occur when stressful events hit a marriage. First,

such situations alter what the couple needs to talk about and the time available to talk about it. Thus, the more time they spend dealing with problems, the less time they have to spend on the marriage.

Furthermore, stressful events reduce the ability of couples to successfully manage their issues. Stress is like a circuit breaker on an overloaded electrical line. The circuit breaker trips and the power goes off. The same thing happens in our marriages. When stress overloads a couple, they “trip the circuit breaker” or shut down and thus have a difficult time dealing with the crisis.

Another problem with stressful events is that they cause couples to react more intensely to relationship challenges. The greater the pressure in our lives, the more reactive we are to the normal ups and downs of our relationships. For instance, the wife may feel perceived slights from her spouse more acutely. Or the husband may hear something more in the tone of his wife's voice when she asks him to take out the trash.

Relationships exposed to high stress for a long time are bound to falter, no matter how well each individual's relationship skills are developed. During such times, couples are more likely to view their relationship negatively, not realizing the impact stress is having on their perspective. Remove the

stress, and a couple's positive relationship skills can once again – and usually do – take over.

CLOSED AND HARDENED HEARTS

The most devastating effect of stressful events is that they make people feel unsafe. And when people feel unsafe, they shut down and their hearts close. Unfortunately, a closed heart will eventually begin to harden. We usually start marriage with open hearts. However, as conflict and trying situations occur, our hearts can close. How can you tell if a heart has closed? Here are some signs:

- withdrawing from relationships
- displaying negative body language
- living in attack mode
- avoiding touch
- showing a lack of sensitivity
- harbouring unforgiveness
- feeling hopeless

King Solomon, the wisest man who ever lived, gives us this encouragement: "Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23). One of the best ways to guard your heart from becoming closed is to learn how to manage stress in healthy ways.

HEALTHY WAYS TO DEAL WITH STRESS

Here are some ideas that will help you to take great care of your heart in the midst of stressful events:

Express your feelings. Don't stuff or ignore your emotions. Feelings give your heart a voice. If you don't articulate your feelings, resentment will build and the situation will likely remain the same.

Slow down the pace of life. Intentionally change your pace and create margin – time that is not committed to something specific. You must ruthlessly eliminate hurry from your life!

Get plenty of sleep. As adults, we need eight to nine hours of sleep each night.

Rest and relax. Try to keep at least one day a week free from obligations; make it a day of rest to recharge your batteries. Genesis 2:3 tells us that "God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation."

Get regular exercise. Physical activity is a great way to release pent-up energy, stress and tension. Try to engage in at least 30 minutes of exercise, three times per week.

Keep your sense of humour. Laughing helps your body combat stress. "A cheerful heart is good medicine" (Proverbs 17:22).



Learn how to set boundaries and say no. Whether at work or at home, know your limits. When you're close to reaching them, refuse to accept additional responsibilities.

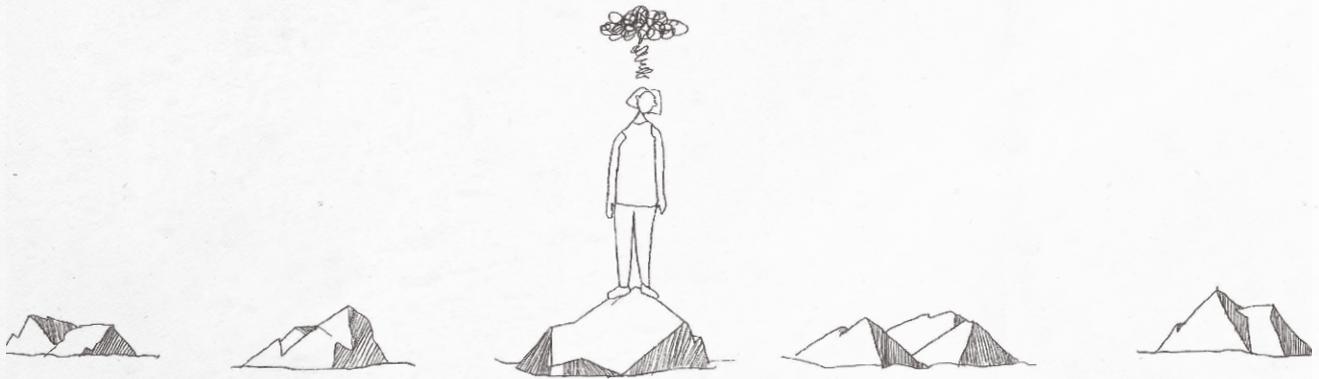
The bottom line is that taking good care of yourself is always in the best interest of you and your spouse because you can't give what you don't have.

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Edited for length and clarity. Adapted from *Ready to Wed*, a Focus on the Family book published by Tyndale House Publishers, Inc. © 2015 Focus on the Family. All rights reserved. Used by permission.

7 TIPS FOR HOW TO RECOVER FROM TODDLER STAGE BURNOUT

BY CAROL CUPPY



Madison closed her eyes and pressed her back against the closed bathroom door. Her husband was watching the kids, who were both under the age of five, which meant she had exactly five minutes to herself before one of them started banging on the bathroom door, hollering, “Mama!” Caring for two toddlers day in and day out left her wondering how to recover from the parental burnout that the toddler stage brought.

PARENTAL BURNOUT DURING THE TODDLER STAGE

There is no getting around it, bringing up a toddler requires a seemingly limitless supply of time and energy. If you have other children at home, the demands on your attention may seem even more overwhelming. Simply maintaining some semblance of order can be a daunting task, and worrying about such niceties as a child’s language development may sound like a fantasy if you feel immersed in total chaos.

There may be other pressures during the toddler stage, too. Since you’ve elected to stay at home, there may be days when you say to yourself, “I’ve got a degree, I was making real progress in my field, and now all I’m doing is changing diapers and listening to childish babble.”

Under such circumstances, it’s easy to get discouraged and feel parental burnout. You might even become overwhelmed by feelings of regret. That’s when it’s time

to stand up and remind yourself that the task you've taken on is vitally important and deeply significant. If you're asking yourself how to recover from burnout, there are steps you can take.

1. FIND QUIET TIME

When looking at how to recover from burnout, there should be some time during your day when things become quiet. You cannot collect your thoughts or anything else if kids are up until all hours of the night. The conclusion is obvious: setting boundaries and an early bedtime for small children is not only good for them but also necessary for you.

2. SPEND TIME WITH GOD

Some of this quiet time should be designated for spiritual reflection, reading, praying and journaling. A daily devotional will provide not only refreshment but some perspective on how your parenting tasks fit into the big picture of who God is and what he's doing in your life and the world.

3. LOSE THE GUILT

Don't feel as if you are wasting your time and education by focusing your primary attention on your children. Believe it or not, the world isn't passing you by. This doesn't mean that you have to put your brain in neutral or that all outside activities must come to a screeching halt. It's simply to acknowledge that there are seasons in life and that this is the season for concentrating on the up-and-coming generation's needs.

4. BECOME A STUDENT OF YOUR CHILD

Try to remember that this particular period of your child's life is not only critical for development but, in fact, fascinating. Remember, there are lots of people out there who are earning advanced degrees in education and childhood development simply so that they can understand what is unfolding in front of you every single day. In a very real sense, you have an opportunity to become a student of the human condition right in your own living room. You can

be an observer as well as a caregiver. You may even want to consider doing some additional reading about this phase of your child's life to supplement all the hands-on experience you're getting.

5. TAKE TIME FOR YOURSELF

Since you're a full-time parent at home, you need regular time outs – not merely for errands but personal refreshment. These might include exercise workouts, walking in the park, strolling through the mall or meeting a friend for lunch. Yes, you will need someone to watch your kids while you do this, but it's worth the trouble and expense.

6. KEEP UP THE CONVERSATION

Don't become starved for adult communication. When you reunite with your spouse at the end of the workday, the first order of business should be some unhurried and attentive conversation between the two of you. Your child(ren) should see you do this and should be informed (as often as necessary) that this is "your time" together and "their time" will arrive shortly. Not only will this help maintain your marriage, but children who see their parents regularly connecting and showing affection will feel much more secure about the stability of their world. You and your spouse should also maintain a regular date night – once a week if possible.

7. BUILD RELATIONSHIPS

Build relationships with other parents who have children in the toddler stage (or even older) children. Many parents meet regularly in small groups, whether assembled spontaneously or organized by their church.

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HOW MENTAL HEALTH BREAKS CAN HELP YOU AND YOUR CHILDREN MANAGE STRESS

BY CAROL CUPPY

Parenting is by far the hardest job any of us will ever have but it is also the most wonderful. That doesn't mean, however, that there won't be challenges or stressful times along the way. How we react to those stresses is critical for our family's growth and our children's sense of well-being.

When stresses come barreling at us, we are able to work through most of them and continue with our day – like a turtle letting something roll off its shell. Bigger stresses, however, can test us and our limits. In those cases, we might need to take a moment and step back from the situation (or, like a turtle, retreat inside our shell) to process what has happened and calm down. And occasionally, those bigger stresses can tip us over and cause us to react in ways we normally wouldn't. In those cases where we find ourselves flat on our backs like a flipped-over turtle, we need help to get back on our feet.

It's important that we take mental health breaks and check in with ourselves frequently throughout the day to stop hurt and worry from erupting in anger and leaving us like a turtle on his back. The following are some practical ways to ensure that you're staying right-side up.

S.T.O.P.

In survival situations, being able to slow down and focus is absolutely critical to staying alive. Students of survival skills training are taught the acronym S.T.O.P. to help them make it through dangerous situations. Using this same acronym and technique

can be extremely helpful in our own lives when we feel we've reached the tipping point.

When you feel the stresses mounting and need a mental health break, follow these steps:

STOP

Consciously take a mental pause.

THINK

Ask yourself, "What am I feeling? Why am I reacting this way?"

OBSERVE

Notice, "What is going on around me?"

PLAN

Decide, "What am I going to do now?"

QUIET TIMES

Household quiet times or time outs are helpful during the times we must remain inside. Make sure each person has their own "getaway spot" where they can sit and be alone to hang out with their favourite

blanket, book, toy, snack, music, etc. Practice having your family stay in their “getaway spot” for 15 minutes at a time as a household. This can be used as a mental health break for all members of your family, including yourself. Make sure to not use the getaway spot for punishment or time outs, but if a child chooses to go there during their time out or “getaway” from parents, you can allow your child to do so.

As a parent, where is your getaway spot?

START A CONVERSATION

Listen to your children. Pick a time to sit down and talk to your child. Ask him or her:

- How is your day going?
- Is there anything that scares you or makes you worried today?
- Can you give me a grade on how I’m doing as your parent today? What can I do that would help me get an A+?
- I would like to tell you three things I saw you do that were great today!
- Is there anything more about you or your day that I need to know?

HOW TO TELL IF YOUR KIDS ARE EXPERIENCING STRESS

If your kids are experiencing significant stress, they may not be able to articulate what they are feeling. However, you will notice it in their behaviour. Here are some ways to tell if your kids are experiencing significant amounts of stress:

Your child has had a major shift in personality. This isn’t just general moodiness – this is behaviour that has you saying, “My child has completely changed!”

If your child is usually quiet and reserved, they may become loud and outspoken. If they’re usually talkative, they may become very quiet.

Your child might stop following routines. They may want to sleep in their clothes or shower in their bathing suit, for example.

Your child may also show changes in eating or sleeping habits.

Your child might begin to show signs of regression. For instance, if they are potty trained, they may start having accidents again.

If you see any of these signs of stress in your child, help them right away. Find out the cause of their stress. If you need assistance, are concerned about safety or need help with this season of life, reach out to Focus on the Family Canada’s care and counselling team by calling **1.800.661.9800**, Monday to Friday 8 a.m. to 4 p.m. Pacific time.

In stressful times, it’s important to be like a turtle and let most things roll off our shells. When the stress becomes intense, it’s important that we stop and take a mental health break to evaluate where the stress is coming from before an explosion happens and we are tipped on our backs. In cases where we have been tipped over like a turtle, or are repeatedly tipped over, we need help to get right-side up again. Remember, you don’t have to go at this alone if you are in this situation. There are wonderful people who can support you and help you stay right-side up more often.



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Read the full article at FocusOnTheFamily.ca/TurtleTime

ADDITIONAL RESOURCES

Books for *adults*

The Hidden Link Between Adrenaline and Stress
BY DR. ARCHIBALD D. HART (BP228)

Overwhelmed
BY KATHI LIPP AND CHERI GREGORY (C03059B)

Addicted to Busy
BY BRADY BOYD (C02485B)

Walking on Water When You Feel Like You're Drowning
BY TOMMY NELSON AND STEVE LEAVITT (T00108B)

Leading on Empty
BY WAYNE CORDEIRO (C01251B)

Is Your Teen Stressed or Depressed?
BY DRS. ARCHIBALD D. HART AND
CATHERINE HART WEBER (N00109B)

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Shop.FocusOnTheFamily.ca

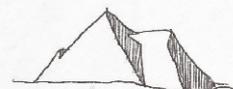
Books for *children*

Buster Tries to Bail: When You Are Stressed
BY DAVID AND NAN POWLISON (C04122B)

What Am I Feeling?
BY DR. JOSH AND CHRISTI STRAUB (C03707B)

Buck Denver's Bad, Bad Day
BY PHIL VISCHER (C03589B)

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Adventures in Odyssey episodes

Episode 285: “George Under Pressure”

Episode 456: “Worst Day Ever”

Episode 577: “The Business of Busyness”

Listen at FocusOnTheFamily.ca/StressAIO

Focus on the Family Broadcast

“Growing Your Marriage in Times of Stress
(Parts 1 and 2)”

WITH MILAN AND KAY YERKOVICH

“Practical Help for When You’re Overwhelmed”

WITH KATHI LIPP AND CHERI GREGORY

“Discovering Rest in a Busy World”

WITH VICKI COURTNEY

Listen at FocusOnTheFamily.ca/Radio

“Avoiding Burnout in the Midst of a Busy Life”

WITH WAYNE CORDEIRO

Find this title at Shop.FocusOnTheFamily.ca

Focus on Marriage podcast

“Responding to Stress in Your Marriage”

WITH GREG AND ERIN SMALLEY AND
MILAN AND KAY YERKOVICH

Listen at FocusOnTheFamily.ca/MarriageStressPodcast

“Recognizing Your Spouse’s Stress-Points”

WITH GREG AND ERIN SMALLEY AND
MILAN AND KAY YERKOVICH

Listen at FocusOnTheFamily.ca/StressPointsPodcast

Find more articles and resources at
FocusOnTheFamily.ca/StressAndBurnout

WE'RE HERE TO HELP

We all experience stress, but some seasons of life are more difficult than others. If you're feeling overwhelmed, you've noticed a change in your sleep patterns, you're struggling to concentrate and manage your emotions, you have a diminished interest in things that once brought you joy, you've started to self-medicate with substances or activities in order to cope, or if you recognize symptoms of burnout in your own life, please contact us right away.

You don't have to face this difficult season alone.

We offer a free, one-time phone consultation with one of our in-house counsellors. Our counselling staff are all committed Christians and registered (Masters level) counsellors with ministry experience. We can also refer you to a counsellor in your area (referrals are free; fees will apply for their services). Call us at **1.800.661.9800** or visit **FocusOnTheFamily.ca/Counselling** to learn more.

Also, our team gathers every weekday morning to pray for the varying needs of families across the country. You can email **prayer@fotf.ca** or submit your prayer request online at **FocusOnTheFamily.ca/Prayer**. Or if you'd like to receive prayer over the phone, call our team at **1.800.661.9800**.



KERITH RETREATS

Are you a pastor, missionary or parachurch leader? Kerith Retreats provides a place of rest and healing for those in ministry, whether they are burned out or they want to create healthy rhythms to prevent burnout. This seven-day retreat, held at one of our two luxury retreat centres in Alberta and Manitoba, will help you experience renewal, recalibrate your thinking through teaching and one-on-one sessions with our program directors, and be equipped to re-engage in your ministry when you return home.

Learn more and see upcoming retreat dates at **KerithRetreats.ca**.

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