

Save the SAHM Podcast-February

Keep It LIT

Episode #3 – It's Getting Toasty – On the Brink of Burnout

1. Recognize where you are (Be honest with yourself)

- a. You may be on the brink of burnout if:
 - i. You can't seem to catch up on tasks or sleep
 - ii. You just want to quit
 - iii. You feel angry/behave in anger a;; the time
 - iv. You feel empty
- b. Take a half hour to write out your true emotions about where you are; pray over them and take it all in (this part could be overwhelming)
- c. Fight denial and guilt (this is the enemy's favorite tactic)
- d. It's okay to not be okay; but not to stay there

2. STOP!!

- a. The only way to reset is to stop going forward in what we are doing
- b. End the repeat game (We can't look for change in the same place; revisit your honest emotions)
 - i. Einstein "Insanity is doing the same thing over and over expecting a different result.
- c. Proverbs 26:11 "Like a dog that returns to his vomit is a fool who repeats his folly."
- d. Change your course; it's time to do it different

3. Tell someone (Be Honest with others; do not suffer silently)

- a. First bring your heart before god
- b. Share with your spouse, kids, family, and/or friends
 - i. People can't be empathetic to what they are unaware of)
- c. Galatians 6:2
- d. Ask for prayer and accountability

4. Breathe & Reflect

- a. Get alone and breathe deeply (Do not surf the internet, scroll social media, or think about all your upcoming tasks)



- b. Your mind needs to recoup
- c. What have you been doing?
 - i. Is it working?
 - ii. What needs to change?
 - iii. Have I made the best of my time?
- d. Reconfigure the parts that aren't jiving well for you and your tribe
- e. Be intentional about scheduling in a time of rest daily (even if it's only 10 minutes)

5. Onward bound (Do not go backwards or stay still)

- a. Refuse to repeat
- b. Don't dabble in shame; flow freely forward, don't allow the enemy to bind you up
- c. Forget the mistakes and focus on your mommy mantra (we talked about in episode #1)

Today's Take Away: Stop, Breathe, Reflect, Onward!

