

GENERATIONS
CARE PARTNERS

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Escaping Martyrdom

Avoiding Burnout While Heeding the Call

2021 CHHSM 83rd Annual Gathering: Together In Hope

Burnout vs. Stress

- Stress manifests itself physically (e.g. heart, brain, etc.) as a result of outside triggers.
- Burnout manifests itself emotionally (e.g. depression, apathy, etc.) as a result of doing the wrong things for the wrong people for the wrong reasons.

Martyr Syndrome

Jumping on every hill or cross that comes along. Saying yes to every great opportunity to help people and change the world.

Examples: caregivers, social justice warriors

Avoiding Martyr Syndrome

Ask yourself good, honest questions:

- Caregiver: What does a good day look like? (for the caregiver AND the one being cared for)
- Social Justice Warrior: Where is my passion?

The Magic Formula

It's ok NOT to be passionate about a worthy cause and even more important to be honest about it!

Frederick Buechner: Vocation is the place where our deep gladness meets the world's greatest hunger.

The Magic Formula

Modification: Your Skills + Immediate need WHERE YOU ARE + YOUR PASSION = Your calling.

Calling is dynamic and not static. It depends on context. E.g. Affordable housing to caregiver advocacy.

Preventing Burnout

The recipe for burnout is doing the wrong things for the wrong people for the wrong reasons.

Leader, coach thyself:

- What am I doing?
- Who am I doing this for?
- Why am I doing this?
- Who am I? (Not your career. Your True Self.)

Journey to the True Self

“What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it all the rest are not only useless but disastrous.”

- Thomas Merton

Journey to the True Self

- How do we make decisions? Ego-driven decision making
- What is the False Self?
- What is the True Self?
- How do we rewrite the narrative?
- Begin making decisions based from the True Self.

Powerful Questions to Align with TS

- If I didn't care what anyone thought, who would I be?
- What could I do that would most align with who I am?
- Who am I?
- What is the one thing that I could not bear having not done?
- Out of all of my options, on a scale of 1-10, how **PASSIONATE** am I about them?
- Who is more passionate about this than me?
- Who is more equipped for this than me?
- What does the stillness say to me?