

“Are Our Leaders Healthy ... Really?”

Carey Nieuwhof. Lasting Impact

How To Tell If A Leader Is Burning Out

1. Your motivation is fading.

2. Your main emotion is numbness. (You no longer feel the highs or the lows.)

3. People drain you.

Of course there are draining people on the best of days. But not everybody, all the time. Burnout often means few to no people energize you anymore. You want to be alone. And while solitude is a gift from God, isolation isn't.

4. Little things make you disproportionately angry.

When you start losing your cool over small things, it's a sign something deeper is very wrong. Disproportionate emotions of any sort are often a sign something is awry.

5. You're becoming cynical.

<http://careynieuwhof.com/2013/03/how-do-you-kill-the-cynicism-inside-you/>

6. Your productivity is dropping.

7. You're self-medicating.

- Overeating
- Working More
- Gossip
- Spending More
- Under-the-radar Substance Abuse

8. You don't laugh anymore.

9. Sleep and time off no longer refuel you.

Perry Noble's Story ... <https://perrynoble.com/blog/10-warning-signs-that-you-might-not-be-healthy>

Perry Noble Leadership Podcast: Getting & Staying Healthy <https://overcast.fm/+FzVSDDVo>

The Carey Nieuwhof Leadership Podcast: 002: How Perry Noble Hit Bottom & How He Battled Back <https://overcast.fm/+DQtMelooY>

Ten Healthy Options For Self-Care

So maybe you're not burned out, just in a tough season. We all get there. *How do you stay healthy? How do you go from surviving to thriving? The best thing you can do as a leader is take excellent care of yourself.* When you carve out time to take care of yourself, you'll always be in a better position to take care of others.

A church leadership team composed of healthy individuals has a much better chance of becoming a truly healthy team. Ironically, it's in caring for others that most leaders make the mistake of neglecting self-care. That said, staying emotionally, spiritually, relationally, and physically healthy is easy to understand but takes discipline to realize in your life. Practice these things for your personal health and well-being.

1. **A great daily time with God:** Whatever method you use, time with God matters.

<http://careynieuwhof.com/2012/12/how-to-kickstart-your-devotional-life/>

2. **Exercise:** It's up to you. The point is to get moving.

3. **A healthy diet:** You are what you eat.

4. **Proper sleep:** In some circles it's seen as cool to brag about how little sleep you get. But not with healthy leaders. Sleep is one of the most underrated leadership secret weapons there is. <http://careynieuwhof.com/2014/10/sleep-secret-leadership-weapon-one-wants-talk/>

5. **Intentional white space in your calendar.**

Most leaders are afraid to make appointments with themselves or even to budget time for message writing, planning, or thinking. You can schedule appointments with yourself, time off, and downtime in the same way you schedule meetings. Just do it! <http://careynieuwhof.com/2013/03/why-you-cant-have-5-minutes-of-my-time/>

6. **Healthy friendships.**

When was the last time you hung out with a friend you didn't need to minister to? Who makes you laugh until you cry? Go hang out with them. Regular doses of life-giving relationships can make such a difference.

7. **Margin:** You are at your most kind when you have the most margin.

How can anyone be generous with their heart, time, money, and attitude if they have nothing left to give?

8. **Hobbies:** Your hobby will fuel some passion in your life.

9. **Family time.**

10. **Coaching and counseling.**

Discussion Questions

1. Have you been in an organization where a leader has burned out? What was it like?
2. Is the health of our leaders a goal we actively pursue?
3. What could we do to ensure we stay healthy?
4. Workaholism is the most rewarded addiction in our country. To what extent does our church culture reward workaholism?
5. Of the different ways that leaders self-medicate, which are most prevalent at RCC?

“Replenishing The Leader”

Defining Moments – Bill Hybels & Heather Larson & Brian Houston

April 2016

Watch Video: 31:41 (WCA Leadership Summit)

<https://www.youtube.com/watch?v=EqVvH0JmhRY&feature=youtu.be>

What signs exist in your life that indicate you may be in danger of hitting a wall in your life or leadership?

What streams of replenishment need to be reprioritized in your life to prevent you from hitting a wall and hurting your leadership capacity?