

Handout 8

The Difference Between Stress and Burnout

Stress involves too much transition, novelty, and change, and taxes our ability to adjust. It can result in:

- loss of perception
- loss of options
- regression to infantile behavior
- becoming locked into destructive relationships
- fatigue
- depression
- physical illness

Burnout can be the result of coping with too many needy people and too much responsibility, which strains our ability to listen and care. Consequences include:

- physical and emotional exhaustion
- cynicism
- disillusionment
- self-depreciation

—adapted from Roy M. Oswald,
Clergy Self-Care: Finding a Balance for Effective Ministry