


How to Keep Burning without Burning Out

Developed and presented by
Tim Geels



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Welcome...



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Passionately Pursue Burning


That which is to give light

...Must endure Burning
Victor Frankl (1963)

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Looking at 10 different lists of the top ten most stressful jobs...
PARENTING was not listed on any!

But should it be?



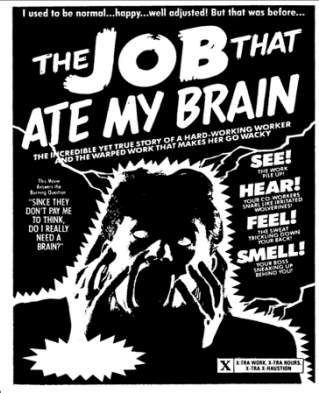
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Exercise: Silent Witness*

The Effects of Parenting

1. Write down three (3) negative effects from being a parent on an index card
2. For two minutes circulate about the group allowing others to see your card

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Statistics



- 1 million people have a heart attack each year
- 13 billion doses of tranquilizers, barbiturates, and amphetamines are prescribed yearly
- 8 million Americans have stomach ulcers
- Estimated 50,000 stress-related suicides each year (only one in eight is successful)
- 12 million alcoholics in this country

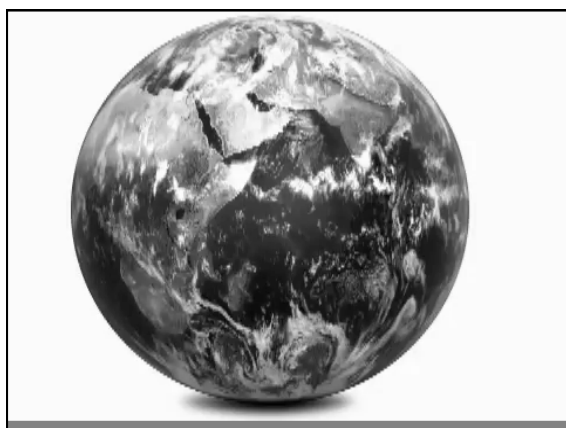
Sources: Speaker Source Handbook II

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"Stress is the wear and tear on the body caused by life's events."
Dr. Hans Selye



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Stress Check



- Muscle Tension
- Temperature
- Nervous Sweating
- Rapid Pulse Rate
- How's Your Breathing

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Distress



- Ongoing pain
- Lack of meaningful relationships
- Depression
- Anxiety

Sources: Speaker Source Handbook II

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Eustress




- Love
- Meeting a deadline
- Winning a competition
- Holidays
- Getting a promotion

Sources: Speaker Source Handbook II


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Ability to Adapt



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Code of Behavior



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1


Get in the Drivers Seat



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Identify Your Triggers

Those things that set you off down
the road of



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Identify Your Relievers

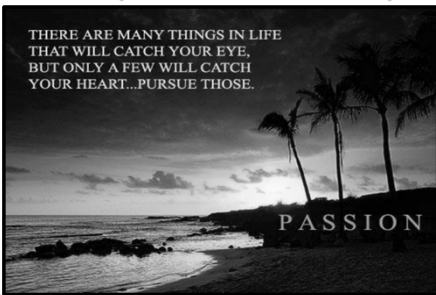
- Go for a walk
- Spend time in nature
- Talk to a supportive friend
- Sweat out tension with a good workout
- Do something for someone else
- Write in your journal
- Take a long bath
- Play with a pet
- Work in your garden
- Get a massage
- Curl up with a good book
- Take a yoga class
- Listen to music
- Watch a comedy

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2

Passionately Pursue Your Purpose


THERE ARE MANY THINGS IN LIFE
THAT WILL CATCH YOUR EYE,
BUT ONLY A FEW WILL CATCH
YOUR HEART...PURSUE THOSE.



PASSION

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Tale of Two Stories



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Become a Kookaburra



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4


Don't Strangle Yourself



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Never Give UP!

Choke out the things that stress you!!



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Listen to what you are saying!




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Stress = Perception of Threat

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Perception Checking



- Describe the situation in neutral terms
- Interpret the situation in at least 2 different ways
- Seek clarification by asking questions assertively and authentically

The Mandt System (2008)
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ARE WE HAVING FUN YET?

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Do the Math!

70 years of life
=
613,200 hours



Isn't that way too much time NOT to have fun?

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“Fun is the diversion from the norm that gets us out of the rut of the stressors life create.”

Glenn Van Ekeren

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Build a Buddy System



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8

Change Your Oil



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Relax

Cheaper than therapy!!



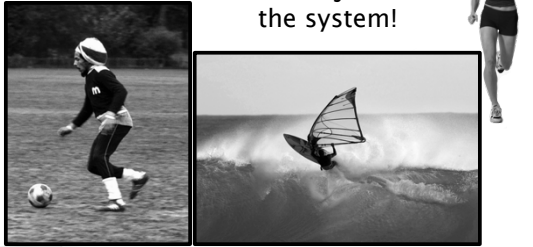



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Recess

Exercise rejuvenates the system!



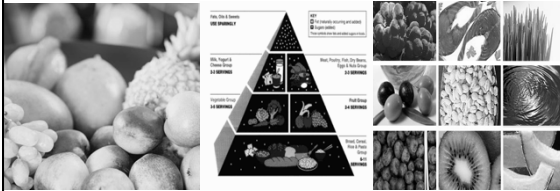



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Reserve

Build energy reserves through smart nutrition!



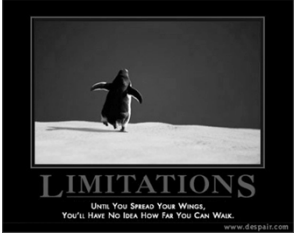



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Recognize

Stay within what your limitations allow





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Release

Find non-judgemental people you can talk to!





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See Streams in the Desert





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Summary

1. Get in the drivers seat
2. Passionately pursue your purpose
3. Put problems into perspective
4. Become a kookaburra
5. Don't strangle yourself
6. Listen to what you are saying
7. Are we having fun yet?
8. Build a buddy system
9. Change your oil
10. See streams in the desert



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Exercise: The Blessings

- Write down on the same index card five (5) benefits you have received from being a parent
- Speak out two of these to the audience
- Two minutes



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Passionately Pursue Burning

That which is to give light

...Must endure Burning

Victor Frankl (1963)



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Keep Burning...And Shine

That which is endures burning



...Gives the Brightest Light



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