

# AVOIDING BURNOUT, ACHIEVING BALANCE

Kathie Morrissey

Balance begins with accepting our limitations. You can't do everything!!

## STUMBLING BLOCKS THAT LEAD TO BURNOUT

### 1. Busyness

\*Does this fit in with my priorities/goals?

\*What will I have to eliminate to make room for it?

\*What will be its impact on our family life? Will it help or hinder?

### 2. Comparison – II Corinthians 10:12

### 3. Disorganization

Spending time organizing your time, your schedule, and your household chores may mean the difference between your survival as a homeschooler and throwing in the towel.

### 4. Out of control children

\*Children need to be taken from parent control, to self-control, to God control. This is the big picture to keep in mind.

### 5. Fatigue

## BALANCE NEEDED IN 3 AREAS

### 1. Spiritual

### 2. Physical

### 3. Emotional/social

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## SUGGESTED RESOURCES

\*Available at our website: [www.courtshipconnection.com](http://www.courtshipconnection.com)

Mangers of Their Homes

Child Training Tips

Good & Angry

Character Building for Families

Proverbs for Parenting

How to Bless Your Children - Dr. Davis

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