Chad Reynolds

PCM 225 Foundations of Christian Counseling

Professor Jason Leinbaugh

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What areas in your life do you currently experience or potentially foresee experiencing compassion fatigue or “burnout”? What are the symptoms you personally experience when you are overwhelmed or worn out? What skills have you developed (or need to develop) to help you cope with stress, compassion fatigue, and secondary trauma?

I have found that the areas that I am currently experiencing compassion fatigue and burnout would be at church. I currently serve at two churches. Both churches that I serve I run the FOH audio system among other various tasks and have found myself at times experiencing burn out.

The main symptoms that I experience are kind of like a mind fog because of lack of sleep and sometimes irratibility. I tend to find myself at times when I am worn out wanting to just speed through the tasks and tunnel vision at getting things done.

One of the main things I have done to help combat this is learning the ability to say no to some requests so that I am able to focus on myself and the other tasks I need to accomplish outside of the church. Another thing that has helped a ton with balancing the tasks I have is to keep a calendar and todo list of things so that I am not having to constantly try to remember the things I have to do.