**Unit 8 Reflection**

**Chad Reynolds**

Question #1: What is the most significant thing I learned this week?

Burnout. This weeks lesson on it has been so crucial to me being able to identify what burnout is and how to prevent myself from experiencing it.

Question #2: How does this week’s learning touch on my past, or how will I use (or have I used) this knowledge in my ministry or life?

I hear a lot from pastors and church staff that burnout is something that plagues ministry life. Going forward in ministry this is something that I am going to have to keep a strict and diligent eye on to ensure doesn’t happen to myself or others that I work with in ministry.

Question #3: What questions do I still have about this week's learning? (These can be course or curiosity-related.)

How do you find the balance between always being available for others in need and being able to properly protect yourself from compassion fatigue or burnout?