

How to Avoid Burnout Syndrome in Ministry

Stress is the spice of life. We cannot function without it. What exactly is stress, and how much stress is too much? What particular stresses do we face in ministry? How can we avoid overload and burnout syndrome as we minister to others? As a medical doctor and counsellor, Henryk Wieja will discuss these and other questions during this workshop.

Henryk Wieja is the founder and president of Life and Mission Ministry, an evangelistic and discipleship ministry that originated in the 1990s and is based in Poland. Henryk was also involved in the formation of evangelistic conferences within the Polish Lutheran Church that hosted such speakers as Samuel Kamalson, George Verwer, Ravi Zacharias, Luis Palau, Leighton Ford, and Stuart Briscoe. Henryk is also a medical doctor and founder of the Centre for Preventive Medicine and Comprehensive Care in Ustroń, Poland. He conducts training and seminars on spiritual growth, health, marriage and family counseling. Henryk is the author of several books, including *The Mysteries of Complete Health*, *God Whom We Need*, *The Power of a Father's Blessing* and *Through Respect to Spiritual Authority*.

I. Introduction

A. Causes of diseases

B. Definition of lifestyle

II. Stress

A. Definition of stress

B. Stress related effectiveness

C. Excessive stress reaction

D. New definition of stressor

E. Is prevention of distress possible?

III. What is burnout syndrome?

A. Some conditions that lead to burnout

B. People at high risk of burnout

C. The pain of overload

IV. Burnout prevention

A. On physical level

B. On psychological level

C. On spiritual level

D. Life in balance