



STRESS AND BURNOUT QUIZ

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Questions are powerful if properly asked and the right answers are found. All education relates to asking and answering the right questions. During our conscious hours we are constantly asking ourselves questions in our thoughts. One of the major preventives and cures for burnout is asking and answering the right questions.

Here are some great questions to help you zero in on where stress and burnout exists in your life and ministry. Take a few minutes and print off this quiz and answer with total honesty.

- What are your three reoccurring stresses in your ministry?
- Have you experienced burnout in ministry? If so, describe:
- If you had it to do over again would you enter full-time ministry? Why?
- Are you on medication of any kind? Why and for what?
- How is your spouse experiencing your work as a minister?
- Is your ministry causing stress on your children? Discuss:
- What was your perception of what ministry would/should be like before you entered full-time ministry? Has it changed? Why?

- What are three of your major challenges when it comes to managing stressors?
- What have you seen stress and burnout do to other ministers?
- How committed are you to reducing stressors in your life and ministry?
- How will you reduce the stressors of ministry on your family?
- Do you take one day of rest each week? Describe what you do on that day:
- What previous study have you done relative to stress and burnout management?
- How frequently do you think about quitting the ministry? Why?
- When was the last vacation you had where you really relaxed and returned home refreshed and full of energy?
- How informed do you think your leadership is relative to the stressors in your ministry?
- If you could do one thing to reduce your stress, what would it be?
- What is your understanding relative to what unresolved stress and burnout can do to your health, family, life and ministry?
- What are you presently doing to reduce your stress in ministry?
- How open are you to attending a Jeremiah Fire Stress Management Seminar?

These questions are of value only if answered and taken seriously. I encourage you to share them with a fellow-minister or group. Also, contact us about attending one of our Jeremiah Fire Seminars.