



What is Burnout?

1. Emotional Exhaustion
2. Compassion Fatigue
3. Diminished Function

The Divine Comedy

1. The Inferno
2. The Purgatorio
3. The Paradiso

Inquiry from the Heart

1. What do you enjoy most about your work?
2. What burns you out?
3. What one piece of advice would you give to a young colleague entering your field?

Entering Dante's Inferno

*Midway upon the journey of our life
I found myself within a forest dark,
For the straightforward pathway had been lost.
So bitter is it, death is little more;
But of the good to treat, which there I found,
Speak will I of the other things I saw there.
I cannot well repeat how there I entered,
So full was I of slumber at the moment
In which I had abandoned the true way.*

The Stages of Descent

(modified from Freudenberger and North)

- **Stage 1:** Driven by an Ideal
- **Stage 2:** Working Like a Maniac
- **Stage 3:** Putting Your Own Needs Last
- **Stage 4:** Miserable, and Clueless as to Why
- **Stage 5:** The Death of Values
- **Stage 6:** Frustrated, Aggressive, and Cynical

Further into Darkness

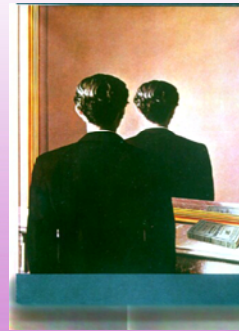
- **Stage 7:** Emotionally Exhausted and Disengaged
- **Stage 8:** "I've Morphed into What?"
- **Stage 9:** "Get Away from Me!"
- **Stage 10:** Inner Emptiness
- **Stage 11:** Who Cares and Why Bother?
- **Stage 12:** Physical and Mental Collapse

Thomas Merton's Letter to Jim

Do not depend on the hope of results. When you are doing the sort of work you have taken on, essentially an apostolic work, you may have to face the fact that your work will be apparently worthless and even achieve no result at all, if not perhaps results opposite to what you expect. As you get used to this idea you start more and more to concentrate not on the results but on the value, the rightness, the truth of the work itself.

You are probably striving to build yourself an identity in your work and your witness...That is not the right use of your work. All the good that you will do will come not from you but from the fact that you have allowed yourself, in the obedience of faith, to be used by God's love. Think of this more and gradually you will be free from the need to prove yourself, and you can be more open to the power that will work through you without your knowing it.

Purgatorio: Authentic Reflection



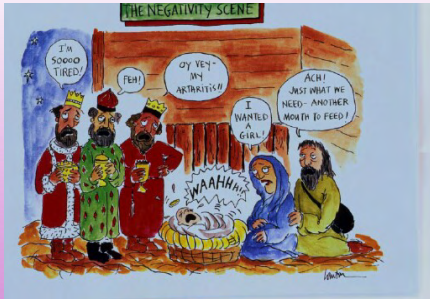
What Did You Love Doing the Most?



Can You Be Present to What is?



What Do You Choose?



What is the Simplest Essence of Beauty and Presence?



Nations such as 'my country', 'your country', 'my religion', 'your religion' have become minor. We must, on the contrary, insist on the fact that the other person is as worthy as we are. This is humanity.

BEHOLDNESS THE DALAI LAMA

How is Your Self Care?

1. Mindfulness of your body
2. Let the soft animal of your body love what it loves. Mary Oliver
3. Disappoint at least one person a day. Cheryl Richardson
4. What do you need to nurture yourself right now?

The Shelter of Love



The Paradiso: Heaven on Earth



Staying Open to Possibility

