

A Quick Look at...

BURNOUT AS A YOUTH MINISTER & CORE TEAM MORALE

Diocesan Youth Minister Meet-Up Notes from March 9, 2021

Key Points from Presentation with Katie Gray:

- Burnout does not come out of the blue; if you are burned out, you have been struggling with it for months.
- Simplification can be key, as many times, we are burned out because we are stretched too thin—and stressful world and parish situations can make this even more challenging. Go back to basics!
- When you feel burned out, ask the questions:
 - What was something that I have put on the back burner that I used to do that made my life and job more enjoyable? Is this something I can put back into my schedule?
 - Am I putting too much pressure on myself? Have I had a conversation with my supervisor to sort through what needs to be done versus what can be cut or changed?
 - Is the burnout connected or leading to a mental health crisis for myself? If so, look at mental health resources.
- Two practical tips:
 - Audit your calendar weekly to see where you have carved out space for your own spiritual, emotional, and physical health.
 - Take a retreat this year, whether it is a day or a weekend, by yourself or with a group, led by an organization or led by a spiritual book you've been wanting to read. Get rest and reset.

SUGGESTED RESOURCES

For Core Teams

- Blog by Life Teen on Core Team Spirituality: <https://lifeteen.com/cym/blog/core-team-spirituality/>
- Core Team Retreat Outlines by Life Teen: <https://lifeteen.com/cym/resource-type/life-teen-retreat-core/>

For Youth Ministers

- Diocesan “Foster the Good” speaker series, Session One: Knowing One’s Role When Loving Your Neighbor: <https://richmonddiocese.org/session-1-knowing-ones-role-when-loving-your-neighbor/>
- Diocesan “Foster the Good” speaker series, Session 5: Maintain Zeal in Your Ministry: <https://richmonddiocese.org/session-5-maintaining-zeal-in-your-ministry/>

- Q&A about Core Team Morale -

1. **My main volunteer who has always been my go-to helper is on their way out. How can I cope with this?** Look through the current task list of that person and see where you can simplify tasks, what can be removed, what could be done in a better process, what can be delegated to other volunteers, etc. When someone asks “what do you need,” let your needs roll off your tongue as a way to bring in people who have that certain skill. And don’t lose hope!
2. **All of my volunteers are struggling during COVID, and everyone seems to be on the edge of leaving. What do I do? How can I keep them committed, and how do I find new people if they choose to leave?** Consider the last time you reached out to your volunteers just to catch up: has it happened lately? If it has not, spend some time in conversation and prayer with them and *about* them, outside of ministry times. If people do discern to leave, do not panic! Work on identifying a list of recommended people with your pastor, staff, parents, and even teens. And new or veteran, every volunteer could use a core team retreat to remember why they love the ministry!



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