

Burning Out:



Why It Happens

and What to Do About It

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“Burnout”: term created in the 1970s
by the psychologist Herbert Freudenberger.

Job alienation
Exhaustion
Cynicism & indifference

BURNOUT IS NORMAL

Other people's expectations

Your expectations

Overfull schedule

Lack of control

Physical factors

Phase of life

Burnout: *Make some changes*

Depression: *See a doctor and/
or therapist*

1. Start a Burnout Diary

2. Evaluate your body

3. Identify any major life changes

4. Examine total commitment
time

5. Write out your expectations

6. List commitments that
make you get in the car

1. Take a short break

2. Take a regular rest time

3. Cut one major family
commitment

4. Change up how you school
 - a. Outsource
 - b. Drop
 - c. “Block schedule” subjects
 - d. “Block schedule” kids
 - e. Change
 - f. Abandon (or add)

5. Change up your out-of-house time

a. Limit each kid to one outside-the-house activity

b. Declare car-free days

c. Stop traveling for holidays

6. *Ask: Why am I home schooling?*

7. Go see a therapist

8. Be willing to let go

8. Change everything

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