

The Importance of Emotional Wellness

Today's guest on *5-Fold Unplugged* on Charisma Podcast Network was a missionary who suffered from ministry burnout. She left the mission field and retuned home in a state of depression and failure. She was determined to turn her pain into power and decided to go to college. This is when Jeannie Clarkson became Dr. Clarkson.

Clarkson decided to enter the field of psychology and help people who suffer with mental and emotional issues. Clarkson has not only studied burnout but experienced it.

In this podcast she shares powerful coping skills to diminish personal burnout. One concept she shares is to learn how to reframe your circumstances. She also shares how to learn what triggers you into negative thoughts or actions.

Clarkson offers simple advice that works in every day life. These lessons are priceless. To hear what she has to say, listen to this episode of *5-Fold Unplugged* now. {eo}

Thomas McDaniels is a husband, pastor, dad and grandfather. He is also a public speaker, author and podcast host. Listen to his podcast, *5-Fold Unplugged*, on Charisma Podcast Network. Thomas has written for Church Leaders and currently writes for Charisma Media outlets. Thomas is the founder of and the guy behind . You can find Thomas on Twitter, Instagram, and Facebook.

Read articles like this one and other Spirit-led content in our new platform, CHARISMA PLUS.