

So You're Burned Out and Don't Know How to Give God Anything Else. Now What?

Burnout. For many Americans, it's become a near-constant state.

Dr. Saundra Dalton-Smith understands. As a board-certified internal medicine physician, wife and mother of two sons, she saw it in her patients—and herself. She reached the point, she tells Dr. Steve Greene on a recent episode of “Greenelines” on the Charisma Podcast Network, “where I saw no point and no purpose in my life and what I was doing because I just truly felt I had nothing left to give to anyone, not my husband, not my kids, not my patients.”

And many of her patients, she says, experienced this same struggle. They had “all sorts of medical issues for which pills by themselves weren't going to help the problem. There was something much deeper that needed to be addressed, a mindset that needed to be changed and spiritual issues that they were dealing with that were really showing up in physical ways.”

Dalton-Smith shares the answer to this common struggle in her new book, *Sacred Rest*. Part of it, she says, lies in preparing ahead of time for the more stressful seasons in our lives by resting.

“If you're feeling depleted in any one area, you cannot bring your best self and you cannot do things to the best of your ability. Unfortunately, most of us deplete in the area of our greatest gifting,” Dalton-Smith says. This may include physical, mental, spiritual, emotional, social, sensory or creative rest.

Dalton-Smith has devised a free personal rest assessment and rest deficit analysis to help you learn what type of rest you have been missing. To find out more about *Sacred Rest* and how to prepare ahead of time so you can avoid burnout, listen to the podcast below.