Becky L McCoy: [00:00](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=0.03) Hey friends, it's Becky L McCoy and this is Sucker Punched.

Speaker 2: [00:14](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=14.05) Hello friends.

Becky L McCoy: [00:15](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=15.6) Welcome to the burn out series. I, as I was thinking forward to the different emotional experiences that I wanted to share with you. This was one that jumped onto the page really fast. I feel like I've been learning so much about burnout over the last few years, especially since becoming a single parent. I've realized that I am on the fast track to burnout whenever I'm trying to be the exact kind of parent that I've dreamed of being a. because I just can't do that as a single parent. Um, and so that's a huge disappointment like we talked about in the last episodes, 51 up until this last episode with Alia Joy and, um, and so part of adjusting my expectations for myself as a single parent a has been in order to protect myself from burnout because I have really run myself into the ground quite a few times and it's no service to my children to have an incapacitated mom.

Becky L McCoy: [01:39](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=99.27) Uh, so I am learning what that looks like for me. one of the things I know that I need to travel by myself a few times a year in order that's just really life giving for me and it doesn't have to be anywhere Incredible. It could just be that I'm going to a conference, so I'm going to tack on an extra day or two onto that, but just to have those few days really alone. Um, because I am a super introvert that, that keeps me going for a little bit longer. I'm also, this podcast has taught me so much about burnout. I have really burned out on it a few times and um, last year I took such a big break because I really had to decide if it was something that I wanted to continue doing because um, it just wasn't fun or something I looked forward to totally burned out. I had zero creativity to give to it. And so I really thought about what are the parts of this project that I love and I want to give up and what are the things that are really burning me out?

Becky L McCoy: [03:05](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=185.32) And so I realized that there were some of, like the back end aspects of the podcast that were really bumming me out and, and taking way too much mental energy for me to enjoy the parts that I really enjoy. Um, and so I figured out how to delegate those parts so that I can really focus on the parts that I enjoy, the parts that I'm really good at, um, and, and allow somebody else to take care of the other parts because they are really good at the other parts. Um, and I don't need to be awesome at everything. That's basically like if I were to write a memoir of like this part of my life, the tagline would be I don't have to be awesome at everything. That's just the mantra that I hear all the time. Um, so those are kind of, uh, the thoughts that I'm bringing into this series and all the ways that I've learned about protecting myself from burnout.

Becky L McCoy: [04:12](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=252.25) And I'm really excited about the different kinds of burnout dot we're talking about in this series. Um, we're starting with my friend Chantel Runnels and I just really, I'm pulled the idea of burnout apart, uh, and that's going to be a two episode, a conversation because there was just so much to discuss and it was so, such a good conversation that I couldn't cut any of it out. Um, other conversations we're going to talk with Dorina Lazo Gilmore, about burning out as a caregiver And in grief. I'm talk with my friend Amber Salhus in burnout and creativity. We're going to talk with Seth Haines about burnout and social media, having a conversation with Trillia Newbell and next, uh, the next episode after my two part conversation with Chantel is Becky Kiser. And we're going to talk about burnout in the holidays. Uh, and it's great. So if you, um, if you're nervous about the holidays and just how it's, you know, if the idea of a holiday season coming makes you roll your eyes and feel like you have to gear up for it, uh, this episode, that episode with Becky Kiser is really, really encouraging. You don't have to be overwhelmed or feel like the holidays are a rat race. So, um, here is my conversation, part one with Chantel Runnels and we're talking about what burnout looks like and feels like and some specific stories of burnout. Uh, and then in the next episode we'll talk about what it looks like to overcome and break through burnout, how we're learning to avoid and prevent it and some really, she has so many really great resources. So here is my conversation with Chantel.

Becky L McCoy: [06:51](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=411.15) I am here today with my friend Chantel and I would like to say that we're really friends even though we haven't actually met in real life, but like we just chatted for a real long time before I actually hit the record button. So I'm really glad that you're here.

Chantel Runnels: [07:07](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=427.17) I'm glad to be here.

Becky L McCoy: [07:09](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=429.57) So we're talking about burnout. What, when you think of the word right now in your life, what does that look like? What does life look like for you when you start to throw that word around a little bit?

Chantel Runnels: [07:22](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=442.74) Ooh, I think there have been phases, but it, it feels like a cloud, like a big heavy cloud that just sits on your shoulders and you can't shake it and you can't move it and it feels like a cloud because the cloud should be something you should be able to blow away or dust off or something. And burnout isn't like that. It feels heavy and it feels hard and sweaty. Um, and maybe even a little bit smelly.

Becky L McCoy: [08:00](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=480.04) Sure. Yeah. There's definitely like burnout BO, right?

Chantel Runnels: [08:04](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=484.51) Yeah. Yeah. That works was, yes, burnout. BO. Yeah, that's a good one. I think I'm going to take it. I think that based on the different seasons of burnout, it, it's looked differently, right? There's the newborn burnout. Uh, there's the college burnout, you know, five years senior status, um, there's the workplace burnout and then there's the, I am not at all. My life does not look like I thought it would by now.

Becky L McCoy: [08:37](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=517.77) for sure.

Chantel Runnels: [08:42](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=522.13) I feel like it's almost familiar. It's like, Oh, here we go again. But they, they, they, they still have a unique. The uniqueness to them.

Becky L McCoy: [08:53](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=533) Yeah. Can you think if just think of a specific time when you felt totally weary and burned out and what did that feel like emotionally and physically?

Chantel Runnels: [09:07](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=547.08) Yeah. I, uh, I'm, you know, I was reflecting on your question and most recently they, I think I've been experiencing a season of burnout and I'm on the other side now. And even that sometimes I don't like using because it's not this mountain that's in the way. I just think there's this transition almost like a slow thing that has to come off come off of you. You know? So I think most recently for me that looks like poor self care, really putting other people above myself. Good things right. But they were taking priority to my sleep, to my wellness, to me even eating, um, and I love to eat. So that's problematic. But it, it just looks like it just really looks like now I can see in retrospect it's unreasonable

Chantel Runnels: [10:01](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=601.29) I expect to not sleep, not eat a not exercise or to getting kind of retreat, not do things, not play and still produce maximally efficiently and effectively and be all the places. And do all the things with all the people and that's unreasonable. It doesn't make any sense. And so burnout, um, makes me think pessimistic. Um, I find it's hard to be hopeful. Um, I found myself recently just feeling like I wanted to throw in the towel and if I'd been paying attention I would have seen that I no longer had the towel to throw. I mean, you're all the way done. It's gone. The coaches sit down to the locker room and you know, um, they're still huffing and puffing and kicking cans or gatorade bottles on the way, you know, talking about while I still can it. It's like, no, you can't, you're done. Go sit down somewhere. So yeah. And then, I mean practically short tempered with my kids, I'm lending to blame, you know, other people, even if they're strangers, like, why did this person cut me off? Don't they know I have places to go? Well, they know nothing about me. And of course they don't know. I mean they're assuming it because you're in your car. But yeah, don't they know I am on the road make way now.

Chantel Runnels: [11:34](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=694.21) It burnout looks at, you know, um, for me it's, Oh man, see Becky, now you're going to be telling on myself, you know, it looks like those marshmallow bars from starbucks. They're so tasty. Yeah, I think they're called marshmallow dream bars because they are, they are, but in moderation when you have them as often as I was having them, it turns into a nightmare because then, you know, I started looking like a marshmallow dream bar and that's how I wanted my life set it up. I, you know, so much so that, you know, I can pull up to the starbucks and they're like, hey, Chantel. And I'm like, Oh no. Marshmallow dream bar? The usual?

Chantel Runnels: [12:20](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=740.1) But I would always kind of get it with a side of venti water to make myself feel better. Oh.

Chantel Runnels: [12:29](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=749.06) So I mean it just impatience and being unreasonable. Lending to shame and blame others. Projecting my feelings and others and. Okay. And it's not a happy place to be, you know, it's not a happy time place.

Becky L McCoy: [12:43](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=763.871) Yeah. It's not. Well, and we're sitting here giggling at, at how disproportionate the reactions are when you're burned out. But in the moment you have no ability to have any kind of perspective on the scale of your reaction.

Chantel Runnels: [13:05](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=785.67) Yes.

Becky L McCoy: [13:07](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=787.58) Yes. Because you're just like grasping at anything to grab onto,

Chantel Runnels: [13:13](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=793.3) Anything. you know, it, it ended up looking like, you know, those people who do those. I don't. They say it's fun and I can't see how they do these courses where they go through mud and they, they duck under electric wires and they climbed tires.

Becky L McCoy: [13:29](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=809.45) Yeah. I have zero desire.

Chantel Runnels: [13:34](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=814.36) It looks like that while trying to keep mascara dry and it's just everybody could see it's not working but me.

Becky L McCoy: [13:44](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=824.07) Right. Yeah. That's always when my mom is like, so have you thought about. I'm like, oh, here it comes

Chantel Runnels: [13:54](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=834.94) Here it comes. And you know, at least you maybe you said here it comes to yourself. I, you know, I usually erupt with a course. Of course. I've thought about it. I think about all the things all the time. I have a list of all the things that I'm thinking about that I can't get to. Including taking a break, you know, or something like that. Right?

Becky L McCoy: [14:12](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=852.64) Yeah. No, I have not taken a nap because it was not on my schedule to do today while I'm failing everything else. I'm thinking about how I'm not taking a nap,

Chantel Runnels: [14:22](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=862.21) Babies take naps. I don't take naps and unhealthy work ethic of a, you know, a team No sleep team. Team they sleep, We grind. Yeah,

Becky L McCoy: [14:35](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=875.79) yeah, yeah. I could use some sleep. Yeah. I've never had the no sleep problem. Like even in college I would be up to like 1230 or one working on a paper and I just like, my brain would actually, I always think of my brain is like um, like a record player or a CD player, how it spins and I hit a certain point in the night and it just stops spinning like there is nothing like you can try and manually but that's gonna get you much so I always have to go to bed and then I would have to wake up super early. But like you were saying before, I really want to be awesome at everything all the time.

Chantel Runnels: [15:16](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=916.941) Yeah.

Becky L McCoy: [15:16](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=916.941) And I don't want there and most of the time I can kind of hack it, but, but I don't want to admit that there's any kind of deficiency and that maybe I'd be better at a few things if I let go of a lot of things.

Chantel Runnels: [15:32](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=932.001) That's so good and it's true and, you know, it's unreasonable, becky. It really is the fact that we would think we could, um, I dunno be Jesus. But there, I think even when I look at my own, the ebb and flow of my own journey so far, part of it is deeply rooted in a desire to do well. It's not always this self fulfilling. Um, I want to be great just for the sake of being great. Um, so people like me, yeah, I generally want to be there for people not disappoint people and I want to be excellent and, and, and, um, be a good steward. And I think that's what makes it challenging because it's a lot of good things, right? Um, but like, you know, I think you're alluding to what are the best things?

Becky L McCoy: [16:36](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=996.77) Have you read the book essentialism up bits and pieces? Greg mckeown is how you say it? I think because he's Scottish. Um, I ha, I've had the actual copy of the book sitting on my shelf like since it came out and I finally listened to the audio book two weeks ago because, let's be real.

Chantel Runnels: [16:59](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1019.54) Audible is my life.

Becky L McCoy: [17:01](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1021.33) Yeah. Um, but yeah, like I had read like bits and pieces and people had summarized it for me, but it was just so good. Like he has done the actual studies that say if you focus on what you do well then you will do everything better. Yeah. Because you're not trying to compensate. I remember the first time somebody said to me, I can tell you exactly. I was sitting in a chair in a ballroom at a conference. um just north in Concord, North Carolina. And someone was speaking on strengthsfinder, which is my absolute favorite strengthsfinder. Oh, I love it. Um, and she said, the importance of knowing your strengths is, is to recognize and admit that you are never going to be awesome at your weaknesses. And if you spend your whole life trying to improve on your weaknesses, you're neglecting these things that God already made you really good at. Yup. Yup. And I was like, well, if that is not a testament to the last 10 years, so.

Chantel Runnels: [18:17](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1097.24) Exactly. And you know, that's the thing I loved when strengthfinders came out. Of course Chris and I, being the people we are, we got it right away and that was at that time it was, it was a different from everything I had read up to that point as far as self development and growing as a person. The sermon had been to work on your weaknesses and your, you're only as strong as your weakness, so on and so forth. But really embracing our strengths. That was, that was new for me in that. That was a game changer.

Becky L McCoy: [18:55](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1135.92) Oh, absolutely. I'm sitting here thinking about like, wow. Ever since I started focusing on my strengths and inviting people into my weaknesses, I, I don't do like a deep dive into burnout. I still come right. I still dip my toes in, but it's not like Canon balling in a, at the same extent or we're on the same like regular. It's not like a regular part of my routine because I was burning out on the regular. Yeah. Um,

Chantel Runnels: [19:34](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1174.94) and you know, that just, that just reminded me. um similar to strengthfinders when I finally took the Enneagram, learned more about

Becky L McCoy: [19:46](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1186.32) what number are you?

Chantel Runnels: [19:48](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1188.33) see this is the thing. I actually tied as a one and a three.

Becky L McCoy: [19:54](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1194.03) Oh, I did too. We can get into this. Yes. Okay. So I'm about to go real nerdy real hard and when I was teaching high school I'd get like this and my kids would be like, miss nerd rage calm the nerd rage. But I own it and I love it. Um. Okay. So with any gram. So there's the nine numbers in the circle and they're, they're, they're all connected in different ways. So when you take a test you will tie with several numbers or you'll see like every time I took a I got a one, a three and a six. Okay. Kind of in the top. Okay. So then the thing that's so tricky about enneagram is that it's based on your inner motivation. So a test is a really not accurate way to give you a most accurate answer. So then you go through and you start reading, um, about, okay, what does a one look like when they're healthy?

Becky L McCoy: [20:57](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1257.82) What does. So the one, the three and the six are actually all in one same group. And I forget what the thing is that ties them together in the show notes. Yeah, yeah, right. Oh yeah. They're all put all sorts of books and things in the show notes. But, so like the one wants to be the most responsible person and really, really fears being seen as irresponsible. And that is totally me. Like I am a very classic one. A three is someone who really wants to do well, but because they want to perform well and they want to, to win the awards and they, they want, um, they want to be the best. Um, and then, uh, six wants to perform well because they are, they are so aware of the ways that everything can go wrong. They're kind of more on the pessimistic side, so they all have that desire to do well, but for very different reasons.

Becky L McCoy: [22:00](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1320.58) Reasons. Yep. Um, and then once you kind of figure out, oh, like I think I'm this number, like I'm a one. While I realized that when I'm really stressed out, I start to behave like a four and a four is like mmm, fours, like to be like no one else. And fours get stuck in their minds very often and that can be a really good thing because they tend to be very, very creative and innovative people. Um, but when it's from a place of stress, it's, it shows as you pulling away from other people. Um, but then when I'm healthy I go towards the seven number, which is the fun lover and the one who avoids any kind of pain. Um, and like I had a really crappy day. Let's go get ice cream, you know, and that's totally me. Um, and so you start to see like how all of the different things layer together, um, and why it's not quite as simple as like a spiritual gifting test or a Myers Briggs test or, um, because a tests can't quite figure out like what's underneath. Yes, and why you're doing it.

Chantel Runnels: [23:22](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1402) And, and you know, that's one of the things that I really liked about the enneagram and you know, just recalling this as um, it can be thinking about how I want to go back and revisit because I haven't revisited some of the qualities and in different thoughts on it probably since I realized that I was in a season of burnout slash depression.

Becky L McCoy: [23:45](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1425.7) Yeah.

Chantel Runnels: [23:47](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1427.23) And the Enneagram was helpful for me to understand that even though I felt in some ways I was being productive, the way I was responding was actually typical for a one in a place of depression or anxiety or burnout. And so that was an eyeopener for me because the reality was most people around me, if not all people around me did not know that I was in a place of depression because, uh, one usually plays that out. And I for sure will swing, so I think I got, I think I tried like one slash three and then somehow got seven and eight. I can't remember, but I can see that. Yeah. But one definitely felt me, you know, first born of four. I can see it all throughout my different achievements in places where I was pulled into leadership positions that I didn't even ask to be nominated for a three words. I want to be the Valedictorian or I wouldn't be the class president, you know, I need to do this. It was like, and Chantel you're going to be. And I'm like, great, thanks. I can do that because someone else.

Becky L McCoy: [24:57](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1497.85) I think that's why focusing on my strengths was so hard because it's like, well, but there's nobody there to do the schedule and be the administrator. And even though this isn't like one of my top strengths and it doesn't bring me any joy, somebody has to do it and I'm going to be the responsible one. And you know, like, and then you start saying yes to everything. It just for the sake of responsibility, who will do it right?

Chantel Runnels: [25:29](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1529.07) He's volunteering, nobody's going to lead the group, you know, nobody's given the professor any feedback. Yeah, that really resonates with me. And so strengthfinders and the enneagram has been both helpful, but most recently the enneagram was, played a significant role in helping me realize that I was, I was depressed. Um, and even looking up Chris and I really like to wordsmith a lot, looking up the word depressed.

Becky L McCoy: [25:58](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1558.48) etymology. It gives me all the happy tingles.

Chantel Runnels: [26:03](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1563.69) Is really is really, really helpful

Chantel Runnels: [26:05](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1565.5) because um, I can be really cerebral and it was necessary to understand like, tell you're under a lot of weight, you're literally being pushed down. Yes. Think of a water bottle and you're crushing it, you know, to let some of the air out. Depressing it. Um, so that was, that was the integrated was really helpful in understanding, hey, like all of this celebrating to go to the nitrogen ice cream place, you know, every single week for a celebration. That's not really a celebration. But then you can kind of like say it is because you're supposed to be celebrating like all of these things. You're procrastinating and you're avoiding and you're very stressed and you just want to have fun and be spontaneous, but then when you end up doing that, it actually gives you more anxiety and that makes you more depressed because now you've avoided everything that was on your list. So Woo. Burnout can be a messy place.

Becky L McCoy: [27:11](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1631.32) Yeah. So, okay. So we've talked about like being in the burnout. What ways have you found that you can kind of like claw your way out?

Chantel Runnels: [27:25](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1645.62) Yeah, I think the first thing was confession and not necessarily to anybody else but to myself. So I had a, what we call our household, a kairos or Aha moment. Um, and for me, my Aha was the fact that I need to start confessing things out loud to myself about myself. So journaling is one thing, but even that isn't as transparent as me saying out loud, this sucks. Yes. Hearing myself say that I don't like the space I'm in has had a different impact than journaling than even blogging about it or commenting or texting. Something about being a, being able to audibly hear that I am discontent, that I'm frustrated, that I'm angry, that I'm disappointed was a huge game, game changer.

Chantel Runnels: [28:27](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1707.57) And then, you know, telling Chris, um, I think I might have told one or two other people I really felt something start to break and for me, uh, the biggest, the biggest or most significant thing that I can do is be physically active. Um, physical activity has always been a key component in my mental health, my spiritual health, everything. It just overflows. And that doesn't necessarily mean like getting to the gym and working out, but for some time sometimes for me it's just being outdoors in nature and you're just moving. Yeah. So physical activity is huge. And so, um, I just started biking once a week. I said, okay, I know at this time my kids will still be sleep, um, and maybe somebody will be home. So I'm going to bike as fast as I can as far as I can for 30 minutes. And when my timer goes off on my watch, I'm biking back. And so that's what I started doing maybe in March or April, and that was my only goal and a once a week I protected that time and I didn't try to make it overly spiritual or planned or focused. The goal was get up,

Chantel Runnels: [29:42](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1782.68) get out of bed, get on the bike, just move your body at all. And uh, with every stroke of the pedal it was a revolution. Um, and that was part of what I think brought me back to life.

Becky L McCoy: [29:59](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1799.74) Yeah. Yeah, for sure. I think it's just so interesting how we're all just wired to need certain things [inaudible] and when you, I think sometimes we get, we hear lots of messages, like if you're feeling depressed, do x, Y andZ and, and it's not necessarily because there's something wrong with us if that doesn't help, but because when we find something that does help, we want to tell everybody and we want everybody to be helped and we want, you know, we don't want to see people stuck. Yeah.

Chantel Runnels: [30:39](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1839.4) Yeah. And that's true because, you know, um, I used to work in entertainment and even before I did, I love television. I love film, I have a great appreciation for the art that it is, but sitting down and like zoning out even intentionally with Hulu or Netflix does not leave me feeling like, okay, now I can do this. Yeah. Hey, you know, it does.

Becky L McCoy: [31:04](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1864.281) There are people that it totally does.

Chantel Runnels: [31:06](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1866.5) Exactly. Exactly. And so I actually have a greater appreciation for entertainment when I'm in a better place, you know, and being spontaneous sometimes can jumpstart me, you know, get digging myself out of the burnout pit. Um, so like an out of town trip, taking the kids to a museum, doing something out of the ordinary, dropping everything. I think sometimes that's where the whole seven wing thing can be a benefit, but nothing has proven um, as

Chantel Runnels: [31:40](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1900.99) long lasting as, as being physically active for me it is, it is so imperative to my mental health and realizing that and saying it out loud and, and again, the and the, the strength of the one in me saying like, okay, like you, you want to be better and you want to want to be better. So, so roll out of bed and get on the bike and uh, yeah, one week at a time until um, I started giving myself some other goals and before I knew it, what was this? Two weeks ago I did my first official ride and a bike 50 miles or half century.

Becky L McCoy: [32:23](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1943.85) That's amazing.

Chantel Runnels: [32:25](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1945.7) It was terrible.

Becky L McCoy: [32:27](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1947.01) Yeah, I'm sure it was. I'm sure it was awful, but it's still, but it's still amazing. Like,

Chantel Runnels: [32:34](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1954.35) it's funny because my, one of my spiritual formation people, he said, um, I feel like who bikes, like the distance of several cities wants to get away. He was like 50 miles. Not like, oh, I'm going to go get some coffee and journal 50 miles is like, I'm trying to get away by myself.

Becky L McCoy: [32:53](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1973.17) That's awesome.

Chantel Runnels: [32:55](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1975.31) I was like, well, you know, to each his own and cycling is new for me. I never was a cyclist. Um, but I think with how dense our life has become, yes, it really has proven just these long stints, an hour to two hours where I'm not going to get interrupted and I can just zone out. It's been magical.

Becky L McCoy: [33:19](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=1999.88) Yeah, I bet. Um, so I'm

Chantel Runnels: [33:24](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2004.01) convinced you should try, I keep trying to get everybody to try it with me in, for some reason other people don't want to strap themselves onto a bike. Well, with shoes and ride for, you know, hours on end.

Becky L McCoy: [33:35](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2015.02) Yeah, no, I'm, I'm not convinced, but I'm also hearkening back to when I ran a half marathon. Oh, you, it was terrible. It was terrible. The last virtual retreat when grace was talking about running a marathon, I was like, oh, I feel you. Oh, I got to the end. I mean, okay. So granted I was, we were all running in memory of my husband. It was a eight months after he had died. It was seven months after I'd had a c section. Um, yeah. So,

Chantel Runnels: [34:13](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2053.51) oh my Lord.

Becky L McCoy: [34:14](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2054.54) So it was like, it was not just about the half marathon like there, it was a very like loaded day. Um, but it had been a great way to process my own grief and like Kinda keep stress at bay while having a newborn and a two year old and being a widow. And um, and then I had a panic attacks for the, for seven miles.

Chantel Runnels: [34:41](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2081.65) Oh my.

Chantel Runnels: [34:42](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2082.55) Yeah. And so I was like, I'm out, like I don't need this in my life. And my team was like, no, you are not like God told you to run this race, you are going to run this race and when you are going to get to the end if it kills all of us, like we are doing this. And I was like, oh, okay. And I was not thinking clearly enough to argue with them. So I just kept going and I crossed the end and my running coach was there and she gave me a big hug and she was like, so how was it? Because we'd been talking about how so many people finish have a big race like that and the endorphins and everything in there. Like I, I didn't really love it but I want to do it again. And I got to the end and I was like, it was horrible. Like I never had a surge of adrenaline or maybe I did. And that's what kicked off the panic attacks. Like I had the kind surge adrenaline, like it was just, I'm glad that I did it to prove it to myself, but it was terrible and I'm never gonna do it again. Yeah. Cool. Well anyways, so that would be my hesitation at the thought of biking 50 miles.

Becky L McCoy: [35:58](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2158.95) I, I have my other, I have other things.

Becky L McCoy: [36:13](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2173.57) Can I just say that I am so grateful for Chantel's voice, uh, not just in my own personal life, but getting to share her voice with you because she is just so wise and so funny and so awesome. So join us next week for the conclusion of our conversation. Make sure that you're subscribed to Sucker Punched in order to keep up with us. Uh, that way it's the easiest way for you to listen to the podcast because a new episodes will automatically show up in whichever podcasting app you're using. And also I would really appreciate it if you would take a minute right now and rate and review Sucker Punched. It's really helpful for new listeners to get a better idea of what they can expect. Um, which is always helpful. I'm totally a review reader, especially in Amazon, right, like your compare comparing two different products and it's really helpful to get the, the opinion of people who have already purchased it, if the quality is right, if it does what it says it does, you know all of that. Uh, and the same goes for podcasts. So please give this podcast five stars and leave a review for future listeners.

Becky L McCoy: [37:37](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2257.98) If you are interested in starting a podcast or bringing your own podcast to the next level, definitely check out Resonate Recordings. They are responsible for making this podcast sound great. They help you figure out the production end of things if, if you want to take things in a new direction, they have so many great resources for equipment and I'm getting started and all of that. So I always recommend that people check them out. You can find them resonaterecordings.com.

Chantel Runnels: [38:16](https://www.temi.com/editor/t/mpu450__P9alq9nl_zuG_4bZUwhmUiVEQYNxqvZ3XT9oj0VodmruA9tfuDZuAL73G6Gwc6d479fxsqxI2VMxs3EsgP0?loadFrom=DocumentDeeplink&ts=2296.27) I would love to hear what is going on with you and your life and um, what you're, what you're thinking about burnout. So find me on social media @BeckyLMcCoy or on my website, BeckyLMcCoy.com. Am really looking forward to continuing my conversation with Chantel next week, so I look forward to chatting with you all then. Bye.