Becky L McCoy: [00:00](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=0.03) Hey friends, it's Becky L McCoy and this is sucker punched.

Becky L McCoy: [00:14](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=14.14) This is episode 58 of sucker punched and it's actually the second in a two part episode about what is burnout. I'm kind of exploring what that really means and what it looks like and how we can deal with it in our lives. So if you haven't listened to part one of my conversation with Chantel yet, head back to episode 57 and start there because you're not going to want to miss anything that we talked about, including some lengthy discussion about a marshmallow dream bars which are delicious. So we're continuing the conversation on, on burnout today and uh, and in this episode there are some really great tips on how to prevent burnout and, and deal with it and come out of it. And, and all those things.

Becky L McCoy: [01:13](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=73.28) I've been, as I did with the disappointment series. I've just been processing a lot of what burnout looks for me personally and how I deal with it well and how I don't deal with it well. And what I've learned. And I realized that um a burnout. Used to be a regular part of my life rhythms and when I became a single parent and started solo parenting after my husband died, I was really forced to reckon with that and deal with burnout a whole lot better. Um, so I wrote down a lot of those thoughts on the blog and you can find the link in the show notes or head to BeckyLMcCoy.com and find the post called what you need to know about burnout from a single parent. Um, and I'd be curious to hear whether or not you're a single parent. I know you've experienced burnout. So what are some of the ways that you have learned to handle it? Let me know on social media or send me an email or comment below this episode. Um, so like I said, this is the second in a two part series on introducing the idea of burnout. If you haven't caught up yet, please do that because it's a really, really rich and wonderful conversation that we had. And I don't want you to miss a. and if you've already listened, awesome. Because here is part two of my conversation with chantel

Becky L McCoy: [03:08](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=188.28) in addition to now cycling, how, how are you actively working on preventing more burnout?

Chantel Runnels: [03:19](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=199.59) So something that I like to do regularly is evaluate my rhythms, rhythms of work and rest and really leaning into the reality that as a believer, we don't work to rest as society tells us, but we work from rest. And this is

Becky L McCoy: [03:44](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=224.611) since you said that the first time I say that to everyone always.

Chantel Runnels: [03:51](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=231.74) Well, I love that she gave me credit, but John Fifteen talks about abiding and bad. You will bear much fruit and, but that's true. It's, it's a game changer and we, it's a typical and it is the antithesis of society. But when I evaluate my rhythms, okay, daily, weekly, monthly, seasonally, when I adjust my expectations, uh, that can help, uh, understand. Okay. If I keep going in this strain, I will burn out. And you know, I'm not gonna lie, Becky, I tow the line, like if I can just skip it to the edge and then, you know, especially if I am feeling productive, it can be challenging.

Chantel Runnels: [04:39](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=279.21) So what does that look like? Okay. Right now we're at a new season of life. We used to be in college athletics where we had more predictable seasons of work and rest. But now with, um, us being entrepreneurs and having multiple gigs and um mainly with some of the traveling we may be doing. We understand that. Okay. Um, there is a, we also call it like a war time rhythm slash peacetime. Wartime rhythm is typically, uh, September through about may peace time, rhythm for us used to be June till about July, August. Now it's looking a little differently. These next two months are kind of a peacetime rhythm even though activities have picked up with our kids. Um, I have a couple of things coming up in, uh, with, you know, the collective and other things because there's no travel right now. It's more of a peacetime rhythm. Does that make sense?

Becky L McCoy: [05:35](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=335.43) Yeah, totally.

Chantel Runnels: [05:37](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=337.32) When we get to go to Florida, to my parents, sometimes we're there for three to four weeks. That's a peace time rhythm. And so then we still plan our time, but we realize, okay, it's more lax. We can linger, we can say yes to things where in wartime rhythm we're not showing up to a whole bunch of kids' birthday parties. That's just not happening. So yeah.

Becky L McCoy: [05:58](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=358.16) oh yeah. I get it.

Chantel Runnels: [05:59](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=359.84) For me, when it's war time rhythm, like if I'm up til 11, 12, one, um, it can't be to watch Hulu. And so for me, I have to say, okay, keep putting this on my deck. Okay. Peacetime rhythm. I can explore new doc, use that I know

Chantel Runnels: [06:17](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=377.72) I'm going to put this aside and that

Becky L McCoy: [06:20](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=380.05) you're not doing that and saying when things calm down, I will do this. And then never allowing things to calm down.

Chantel Runnels: [06:28](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=388.59) And that's the key to, to, to, to, to realize, okay, this is peace time than planned for, for peacetime rhythm. Like we have to withdraw, like we have to step away from the front lines, from the battle of the battlefield and say, okay, we have to rest. It's time to rest. And rest is also a type of work. And for me and my personality type, that has been a struggle, but it is so necessary. And so now to prevent burnout and really just to be, to have proper expectations, looking at my different rhythms of work and rest have been imperative to not having these long drawn out seasons of burnout and anxiety and depression, if that makes sense. They're always there. I feel like they're this weird kind of dance. But having these long drawn out seasons of for sure burnout and depression is something that rhythms have helped kind of keep at bay.

Becky L McCoy: [07:28](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=448.61) Yeah. And when you're kind of taking that inventory, is there a certain tool that you use or is it just kind of more like what does that actually look like in a practical way?

Chantel Runnels: [07:42](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=462.45) Um, that's a good question. We, I do use a tool, we love matrices in our home. We can nerd out. So

Becky L McCoy: [07:52](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=472.36) this is why we're friends.

Chantel Runnels: [07:55](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=475.47) We'll usually use a common business, um, tool where they do a swot analysis, strengths, weaknesses, opportunities and threats. But we'll put it on a matrix and we'll have strengths and weakness on one line. Opportunities and threats on another line. And those different quadrants. There's different quadrants that they form help us identify areas where we feel like we're excelling or we've had, you know, um, places of breakthrough in a season. They also help us, for instance, where threats meet our weakness, things in the season where I feel like I'm failing at like getting anywhere on time. Yeah. Um, but getting anywhere on time could feel like a failure because I've had lots of breakthrough where my strengths meet opportunity and my kids are signed up for this, that and the other or a things have picked up with business.

Chantel Runnels: [08:50](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=530.4) So identifying the different things that are going on in my life in the context of strengths, weakness, opportunities and threat is helpful for me to see. Oh, okay. Well you're not showing up anywhere on time because you've got 15 things you're trying to do in three hours. Yeah. So, okay. If you want to see your time management improving Chantel um, is this just, you know, in effect of wartime rhythm or are you trying to squeeze things into your piece term rhythm when it's time to let them rest? Does that make sense?

Becky L McCoy: [09:29](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=569.11) That's so good.

Chantel Runnels: [09:31](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=571.3) So, I mean, it's not perfect, but it's a part of the process process and it's an, it's a progress. It's a progress from how I used to operate, which is one long task list like Santa trying to deliver all the presence around the world, you know, so moving from a place of that and saying like, you know, how you mentioned earlier, what is, what am I best at giving myself the freedom and, and, um, uh, permission to operate in those things unapologetically. Yeah. And then this is what, when you said that earlier actually came to my mind sometimes in seasons, I see that he gives me grace for a weakness. What has been key for burnout is recognizing when that grace has run out and what does that mean?

Becky L McCoy: [10:25](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=625.641) It's not because he's stingy, right? It's not because God is like, I'm snatching it back. No more grades for You, right? It's not out of his weakness that there's no more grace.

Chantel Runnels: [10:43](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=643.17) No, no, no, no. And I think sometimes I think that's one of the ways we can even take Paul's analysis of, you know, I'm in my weakness then, then I am strong, you know, there are seasons where I have noticed that I have a unusual grace. Okay. Unusual. Um, and by grace it, it comes naturally to me. It seems easy. Something that typically would be worked for me for some reason I'm able to do,

Becky L McCoy: [11:10](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=670.95) right? Like why am I so patient with my children right now?

Chantel Runnels: [11:16](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=676.66) Yes, exactly. Uh, whether it's that, whether it's, uh, I mean there's a lot of things that typical of my personality that I've seen seasonally, God gives me grace for. Okay. Right now, for instance, we're living communally. And so for the past three weeks we've had 13 people in our home. Um, and that was partly because for the last three weeks we took in a family that, um, was displaced and homeless and needed to get on their feet. Um, that has happened seasonally in my relationship with Christopher, our whole marriage. We've more or less, at least one, two, three, four times a year have had people live with us. But that is not an ongoing grace. Does that make sense? So I started to feel it, uh, probably, you know, towards the end of three weeks when I had asked the Lord, okay Lord, how long can we really in this season, my sister's about to have a baby.

Chantel Runnels: [12:19](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=739.03) We've got school, we've got travel, this Lord, how long can we really assist them? Whereas the part of, right, where's the grace? And I just kind of heard him say, you know, a month, a month would be good, you know, and sure enough, you know, towards those last few days. And maybe it's because I knew, but I, I did feel some like, okay, Yep, we've all kind of reached our capacity. And so that's important for burnout, uh, because it can be exciting operating in a, in a lane that you're not used to. Well it is for me, it can be exciting to start to achieve some things or experience things at typically. Um, I'm just not good at or I have to work really, really hard to produce. But when God gives you this, this grace, it's like a dust, you know, like a magic dust. And it's like something that typically comes so hard for me, like honestly working with certain types of people.

Chantel Runnels: [13:19](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=799.54) Um, uh, you know, depending, it can be very challenging. We live, uh, our home is physically located on the front lines of where a lot of people in our, a lot of neighbors without homes live that expression in and of itself. I'm going to be transparent. It has been a new vocabulary term for me. A typically it's just homeless people or other things that, you know, maybe aren't nice. And, but for some reason, the past two years we've been at this house, there has been, um, a peace and a grace that surpasses my understanding for why I even now have a passion for advocating for our neighbors without homes. Not that I was completely careless before, but it just wasn't a priority. And I think what's been important for me to realize is that there are, there's an ebb and flow to this grace. And so it could be possible that when we move from this place that might, the grace extends for me, might be for something else, I don't know, I'm not going to worry about it right now.

Chantel Runnels: [14:26](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=866.11) So in small things with my kids in and things like having people live with us and things in my community, I can see seasonally where he has given me grace and the point is to recognize, has the grace run out when Becky, when I start to feel super heavy when I start to feel like I am striving and not like, you know, when you ran the half marathon, let's like, okay, I got across the finish line. Not In that kind of way, but in a way where it's like I'm having to conjure up fake feelings.

Becky L McCoy: [14:57](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=897.71) Yeah, right. Like, yeah. I'm super excited about this.

Chantel Runnels: [15:02](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=902.22) Yea, and the master will be pleased. Yeah. Whenever I have to use negative motivators to try to get the job done, when I start seeing that creep in, that's when I realized, okay, has the grace run out? Most recently that's what happened.

Chantel Runnels: [15:23](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=923.75) Uh, I was the, I was serving at a local church and uh, I just felt a creeping up, I felt to creeping up and it's, it's been, I, I kind of, you know, um, procrastinated in turning in my resignation and I think I started to see some of the ramifications of that with myself with my attitude towards towards turning up at church and I knew it was time to go and I was like, oh. And it wasn't like a [inaudible]. It was like, well, let me just keep, let me just finish if I can just do one more. And God was like, now you're just doing this on your own because I told you time was up and I'm trying to get you to do something else. And you still trying to play in somebody else's. Sandbox is time for somebody else to come play in that you need to come do something else. And so when my attitude, when I sensed my attitude's starting to change, when I using shame or guilt to motivate me, um, that's what I have to say. Wait a minute, has the grace run out for this position, this work, this relationship, this schedule, this rhythm I've set out for my family? If so, let me pay attention to what God's doing and since there's a transition on the horizon or there's a transition I need to make.

Chantel Runnels: [16:45](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1005.23) Sorry, that was a lot.

Becky L McCoy: [16:46](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1006.43) That was so good. I love it. I'm just sitting here soaking it in. So before we wrap up, do you see any connection between living bravely and burnout? And, and by that I mean it's so hard to say that without making. It sounds like burnout is brave because it's not right, but where is the connection? Um, maybe between avoiding burnout or admitting burnout or handling burnout or whatnot, and living bravely?

Chantel Runnels: [17:33](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1053.38) No, that's a really good question because in many ways the path I was on more towards the corporate world celebrates burnout, at least it did at that time. Now we know there's a lot more books preventing it and such, but I think living brave is being able to be authentic and honest with your strengths, with your weaknesses, with your capacity, and then being unapologetic about where you are. Stop saying, sorry. Why are we apologizing to people? It's like I, um, I will never be a long distance runner. That's just not in my DNA and it's not in my desire. It's not bad.

Chantel Runnels: [18:27](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1107.81) But where I can, where I do really well is I'm a good sprinter. Okay. 100 yard, but I'm a good 220. I'm a good 440. Yeah, I can do that. And that translates into my creativity, into my work and that's a part of my gifting. I think as Moms, as women in today, as we are living very diverse lives, right? Full of different avenues. We're not just stuck to one way of doing things. I think it takes bravery to say, this is where I am right now and I need help or I want help. Uh, just today, you know, getting ready for my call. I was busting it trying to get out the door like a crazy person. I looked like that cartoon character that turns into a tornado. What is his name?

Becky L McCoy: [19:18](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1158.991) The, the devil. The devil.

Chantel Runnels: [19:22](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1162.38) Taz..taz..taz.

Becky L McCoy: [19:23](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1163.78) Tasmanian Devil.

Chantel Runnels: [19:24](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1164.86) Yes. Yes. Children, yes.

Becky L McCoy: [19:28](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1168.19) Good work, team.

Chantel Runnels: [19:31](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1171.02) Yes. I'm sure behind my back. My kids call me Taz. Um, and you know, Chris happened to be home and he stopped me and he said, hey. He said, do you want me to take the kids to um, they take some extra curricular classes. And I was like, Oh man, yeah. Do you have time to do that? And he was like, yeah, sure, I, you know, I can do that. No problem. Um, and he said, you know, you can ask. He said, Hey, don't laugh at me.

Becky L McCoy: [20:00](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1200.54) I'm laughing at myself because I know that I need people to say that to me

Chantel Runnels: [20:05](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1205.1) as he said, you can ask like, don't try to do all this by yourself and not at least see if I'm available or one of the other three adults in the house is available. And even my brother in law getting ready for the call.

Chantel Runnels: [20:17](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1217.37) Oh yeah, sure. You want to use my computer? Yeah. You should've just asked me. I could have set that up. It is. You know, the retreat helped me see the retreat you just did last month really helped me see that bravery isn't always, you know, jumping off of the cliff and to save somebody and keep them from falling. Sometimes it's just asking for help. Yeah. Sometimes it's just saying lift, waving the white or even before we have to wave the white flag, you know, hey, my kid's Carpool with you and not being concerned with well. This is my own challenge. How needy I look about not carrying my own weight about giving somebody else more than they can handle.

Becky L McCoy: [21:01](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1261.66) You're so a one.

Chantel Runnels: [21:03](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1263.25) Yeah. I know. You know, because it's like, well, what can I do for you?

Becky L McCoy: [21:12](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1272.3) No, this is so irresponsible. I should be able to do this

Chantel Runnels: [21:15](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1275.94) It's so irresponsible. How could I ask somebody else who had kids and more seatbelts if they can also give my kids a ride to the same place

Chantel Runnels: [21:22](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1282.83) who happens to drive by my house to get there?

Chantel Runnels: [21:27](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1287.09) Who has said, let me know if you need anything. You know, it's just, it's so ridiculous. And you know,

Chantel Runnels: [21:33](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1293.23) one thing I love that Chris says, he says, stop doing the thinking for me if I. He said, I can say no if I don't want to do something, I can say no if it's too much for me. He said let other people say no. And at some point they will, if you're really giving them too much, if they don't want to help, they will say no, but you can't worry about trying to. And this is a part of being a one. We can't worry about trying to plan other people's agendas. Right? Or to figure it out so that you don't like make them comfortable, you know? And that has been, um, that's also been a game changer for burnout in this season is realizing where can I partner with people where, where can you know, who else is on the team? I don't.

Becky L McCoy: [22:17](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1337.07) Yeah. I love to say like when I am finally willing to stop trying to be awesome where I'm weak, I am inviting, I'm inviting somebody to link up with me like I am reaching out and actually like touching someone shoulder and connecting with them and allowing them to be strong where they're strong and when somebody else invites me to be strong, where I'm strong, where they're weak, like we're connecting and we're continuing to build community and relationships in really true and authentic ways because we're just willing to admit that we can't be awesome at everything.

Chantel Runnels: [22:56](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1376.42) Right? Nobody's asked us to be awesome at everything, right? Yeah.

Becky L McCoy: [23:01](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1381.65) Where did that come from?

Chantel Runnels: [23:03](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1383.21) I have no idea, but it's a lie from the pit of Hell because even even we see the father before Jesus does one thing in his ministry. He looks at his son who's done only one thing and that's been baptized and he says, this is my son in whom I am well pleased. Before he stepped in the wilderness before he calmed the waters, before he multiplied breaded fish, before he completed his ultimate sacrifice of dying on the cross. He said, I am well pleased in the fact that you my son

Becky L McCoy: [23:34](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1414) before he even started. Yeah.

Chantel Runnels: [23:37](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1417) And that ultimately is what I have to reflect on. My identity is not in my performance, is not in my output, is not in my productivity, my efficiency

Chantel Runnels: [23:46](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1426.28) or effectiveness. MMM. My identity isn't the fact that I'm a daughter, the creator of the universe and in me he is well pleased.

Becky L McCoy: [23:58](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1438.54) Well, if there was ever a note to end on, I think that's it. Thank you so much for sharing this. Just you are a wise woman and you are able to communicate, um, things in really profound and helpful ways. So thank you.

Chantel Runnels: [24:20](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1460.79) That's a grace. No, thank you becky. It's been fun.

Becky L McCoy: [24:33](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1473.54) Probably could have talked for hours more on all of this. Um, so you're welcome for not making this like a 15 part episode, but I just thought it, there is so much wisdom and all of the things that Chantel has to say. Um, and, and every time she speaks or, or shares, it's that way. She's just so, so gifted and wise in, in encouraging people and yeah, and I just find myself like hanging on to every single word that she says every time we chat, if you want to hear more from her in addition to being on instagram and twitter, you can, hear some of her story and, and learn more from her. Um, from the two previous brave together virtual retreats. You can get the audio version. It's called brave together to go at BeckyLMcCoy.com/shop and she was one of the speakers in both the retreat on perseverance, which is fall 2018 and also the winter 2018 retreat so you can head there and get a more Chantel in your life, which I think is awesome.

Becky L McCoy: [26:00](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1560.8) Huge exciting, special announcement since next week is thanksgiving. You get a special bonus episode tomorrow. Yay. I'm talking with Becky Kiser. She is the founder and owner of sacred holidays. And her new book is all about managing your expectations and getting through the holidays and keeping them special and especially without burning out. So we're going to talk about that. And I really hope that it's going to be encouraging for you going into the holiday season that you do not have to push yourself, um, holidays don't have to be this magical over the top experience, but they can be really special while still, maintaining a sanity and boundaries and all those good things. So keep your eyes peeled for that episode tomorrow, uh, that in addition to these two episodes, you're going to want to share that one with your people because it, it's really good. And, um, becky has a lot of wonderful things that she shared with me that I'm excited to share with you.

Becky L McCoy: [27:07](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1627.86) Um, and when you share an episode that's a great opportunity to take a minute to rate and review this podcast. I know I say it every time and probably every other podcasts you listened to does too. And it's because it's really helpful for us. Um, it gives us important feedback and also, uh, helps new listeners to. I have this podcast recommended to them and I think maybe after Thanksgiving I'll pick a couple of random, um, reviews and I'll send a special pre-christmas something too. So make sure you review and maybe I'll send you something in the mail. Yeah, that'd be fun. Let's do that.

Becky L McCoy: [27:56](https://www.temi.com/editor/t/DUyN491g_0CR2BLxP4ex-yUcV2zAQtvZtUH7nxl53K8oiq254Spv1OsdQyngp-9VMMocTtYwhHyTYAqDumevrnYYaeY?loadFrom=DocumentDeeplink&ts=1676.17) This podcast sounds great because the folks at resonate recordings are great. They do the hard work of the, the editing and the mastering part of things, but they're also really wonderful in, in all of the technical and creative aspects of podcasting and so if you are interested in starting a podcast getting help to do that or you want to make your current podcast better, you should definitely check them out resonaterecordings.com. As always, you can find me online BeckyLMcCoy.com or social media @BeckyLMcCoy. I would love to get to know you and chat with you more there about burnout or anything. Really. I love instagram. We have fun over there, so I look forward to chatting more with you until tomorrow's very special holiday episode. I am Becky McCoy and I look forward to chatting with you then.