

Roundtable Safety Moment

Balancing Scouting Life

Ask any experienced leader what the number one thing a new leader should remember, and most will say balancing your Scouting life. As leaders, we have to model this process for our youth so that they understand the importance of personal care. Work-life balance is not the only thing we need to work on. Balance in Scouting is equally important on a multitude of levels. The Scout Oath and Law demonstrate balance by highlighting our duty to God, duty to country, and being physically strong, mentally awake, and morally straight.



So, how do we as leaders recognize when we are overwhelmed in Scouting?

Burnout symptoms:

- headaches
- fatigue
- feeling of helplessness
- reduced performance in everyday tasks
- impaired concentration
- depression
- feeling of isolation
- irritability

If you find that your balance is off, take the time to determine where the imbalance is and what you need to do to bring your life back into balance. Allow yourself permission to say no to new events and find new volunteers to help lessen the load you are carrying. As leaders, we should also recognize burnout in others and be willing to offer support to other volunteers.

One thing we can do to combat the effects of burnout is to establish personal boundaries:

- Take time off.
- Communicate clearly.
- Limit your availability (including digital).
- Know your limits.
- Focus on what is meaningful.
- Just say no.

For us to provide the best program, we need all leaders to have a work-life-Scouting balance. We have the opportunity to have real conversations with each other to ensure we are all at our best for both the program and the Scouts.

Resources:

<https://lookwiderstill.home.blog/2020/01/14/scouting-how-to-identify-and-deal-with-burnout/>



<https://www.scouter.com/topic/28020-burn-out-and-were-not-talking-drag-racing-here/>



<https://www.youtube.com/watch?v=7MlmhrMG8Fw>

