

PHASE 6: SUPPORT & AWARENESS

Do This:

- Talk honestly with a **trusted person**
- Identify your **top 3 energy drains**
- Reduce, delegate, or restructure them

Focus:

You are not meant to carry everything alone.

SIGNS OF RECOVERY

- ✓ Improved focus
- ✓ Less irritability
- ✓ Returning motivation
- ✓ Increased emotional capacity
- ✓ Desire to engage again

WHEN YOU FEEL BETTER (IMPORTANT)

- Don't refill your schedule immediately
- Keep your rest rhythms in place
- Continue saying "no" when needed

CORE TRUTH

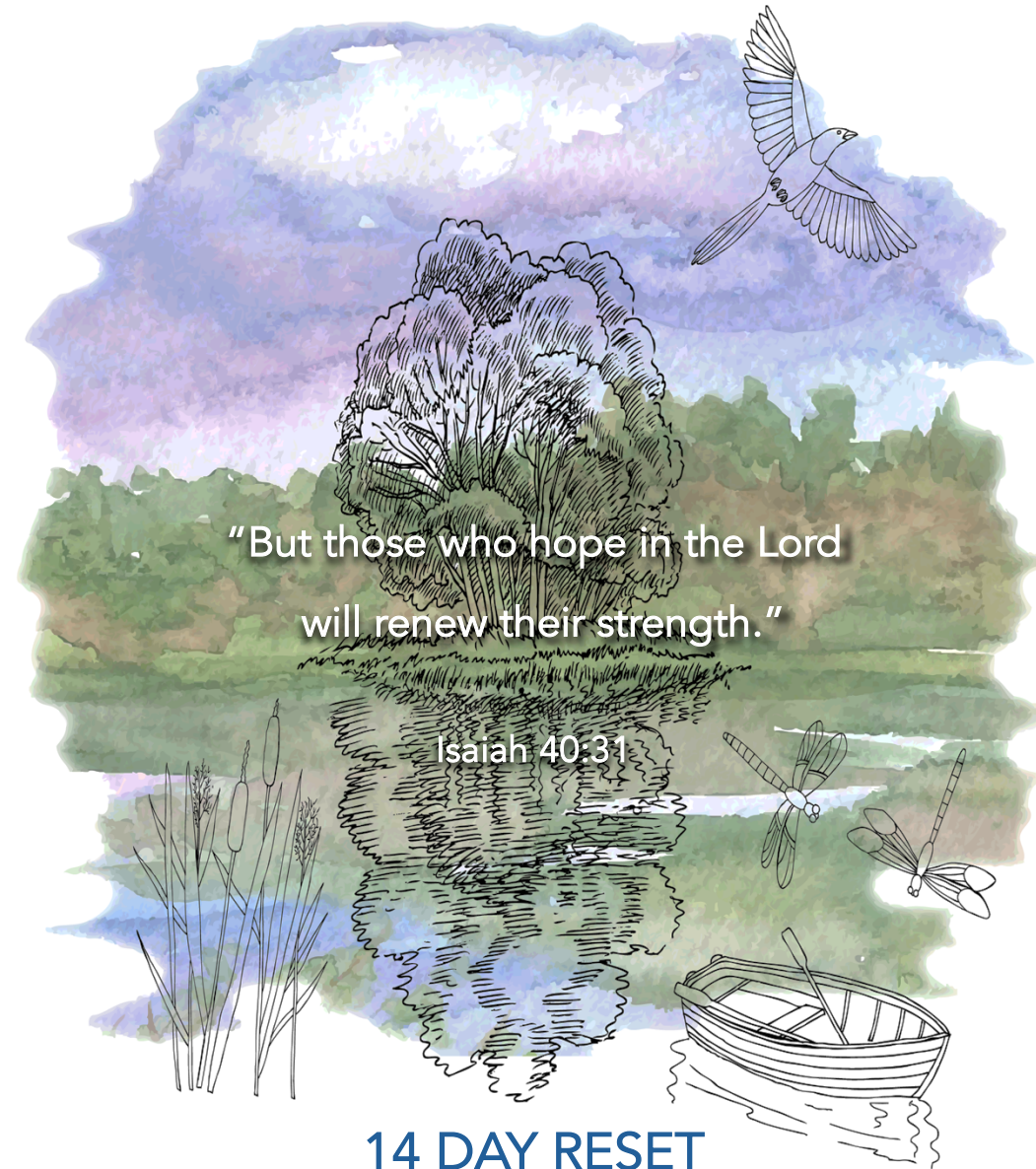
Renewal takes time. Stay consistent.

Important Disclaimer

This plan is not medical advice. It is not intended to replace professional mental health care or medical treatment. It is simply a set of practical suggestions from someone seeking to navigate and overcome fatigue.

If your fatigue persists or worsens, please consult a qualified healthcare professional or your primary care physician to determine whether there may be underlying medical or mental health conditions contributing to your symptoms.

FATIGUE RECOVERY PLAN



14 DAY RESET

A Practical, Step-by-Step Guide to Restore Energy,
Focus, and Spiritual Health

HOW TO USE THIS PLAN

- Follow the phases in order
- Focus on consistency, not perfection
- Adjust pacing if needed—but don't skip steps

PHASE 1: INTERRUPT (Days 1–3)

Goal: Stop the exhaustion cycle

Daily Actions:

- Go to bed **1 hour earlier** than usual
- Cut schedule to **essentials only**
- Limit phone/social media to **set times only**
- Spend **5–10 minutes in quiet with God**

Focus: You are creating space for recovery to begin.

PHASE 2: STABILIZE (Days 4–7)

Goal: Rebuild your physical and emotional baseline

Daily Non-Negotiables:

- Sleep: **7–9 hours**
- Eat: **3 real meals (not just snacks)**
- Move: **20–30 minutes (walk, light exercise)**

Spiritual Reset:

- Read **A Scripture passage**
- Pray honestly (**keep it simple**)

Focus: Stability before intensity.

PHASE 3: REDUCE (Days 5–10)

Goal: Lighten your load

Action Steps:

- Write down **all current commitments**
- Cut or pause **20% of them**
- Delegate **at least 1 responsibility**
- Say **"no" to one new request**

Focus: Not everything is essential.

PHASE 4: RECONNECT (Days 7–14)

Goal: Restore your relationship with God

Daily Practice (10 minutes):

- Read a passage of Scripture
- Sit in silence (2–3 minutes)
- Pray honestly (no performance)

Helpful Structure:

- Gratitude
- Honesty
- Surrender

Focus: Connection over productivity.

PHASE 5: REBUILD RHYTHM (Day 10 onward)

Goal: Prevent burnout from returning

Weekly:

- Schedule **½ day or full day of rest**
- No work, no "catching up"

Daily:

- Maintain sleep schedule
- Protect quiet time

Focus: Rest becomes a rhythm—not an emergency response.

FATIGUE - The Quiet Enemy of Leadership

Rev. Timothy Janzen

DEFINITION OF FATIGUE

- A state of extreme weariness or exhaustion from labor, exertion, or stress.
- A state or attitude of indifference or apathy brought on by overexposure.

<https://www.merriam-webster.com/dictionary/fatigue>



³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the bush and fell asleep.

1 Kings 19:3-5a (NIV)

3 TYPES OF FATIGUE

_____ FATIGUE – When your body is exhausted, making even small tasks feel difficult. This can stem from lack of sleep, overexertion, or prolonged stress.

_____ FATIGUE – When your brain feels foggy, making it harder to concentrate, make decisions, or retain information. This is common after long periods of intense focus or multitasking.

_____ FATIGUE – When managing emotions or stress becomes overwhelming, often due to ongoing conflict, anxiety, or personal struggles. This type of fatigue is a combination of both cognitive and emotional exhaustion, leaving you feeling drained and unmotivated.

<https://harris-psychology.com/burnout-vs-fatigue-whats-the-difference>

GOD'S RESPONSE TO ELIJAH'S FATIGUE

... All at once an angel touched him and said, "Get up and eat." ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. ⁷ The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹ There he went into a cave and spent the night. And the word of the Lord came to him: "What are you doing here, Elijah?" ¹⁰ He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." ¹¹ The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the

mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. ¹² After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?" ¹⁴ He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." ¹⁵ The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. 1 Kings 19:5b-15 (NIV)

A BIBLICAL PATH FORWARD



1. Acknowledge it honestly - _____
 - Psalm 6 (NIV)
2. Restore Your Body – _____
3. Step Away to be with God – _____
 - Matthew 11:28 (NIV)
4. Share the Load - _____
 - Exodus 18:17-18 (NIV)
5. Redefine Success - _____
6. Wait for Renewal - _____
 - Isaiah 40:31 (AMP)

H.A.L.T.

- HUNGRY _____
- ANGRY _____
- LONELY _____
- TIRED _____



ANSWER KEY: PHYSICAL, COGNITIVE, EMOTIONAL & PSYCHOLOGICAL, STOP PERFORMING, AN EMPTY WELL CAN GIVE NO WATER, INVITATION IS RELATIONSHIP NOT A TASK, COMMUNITY SUSTAINS CALLING, MEASURE WHAT MATTERS, DON'T FORCE IT, EAT, FORGIVE, FELLOWSHIP, REST

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