

College of Commissioner Science



CED 701

Combatting Commissioner Stress/Burnout

Revision date 12/31/2021

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Learning Objectives



- **Define burnout/stress**
- **Explore symptoms of stress and burnout**
- **Discuss setting priorities and time management**

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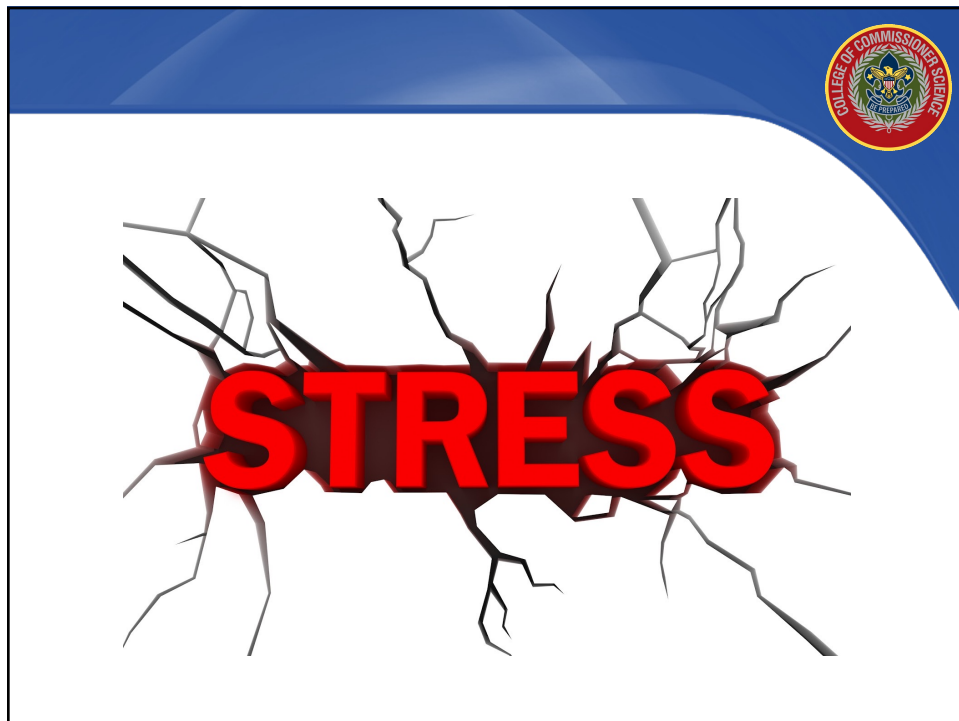
Burnout

- Too much work or responsibility
- Too little time to do it
- Over too long a period

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Stress



- **Change**
- **Daily hassles**
- **Conflict**
- **Catastrophes**
- **Uncertainty and doubt**

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What Do We Do About Burnout/Stress?



- **Education**
- **Recognition**
- **Prevention**
- **Selection**

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Symptoms of Burnout/Stress



- **Fatigue**
- **Boredom**
- **Lack of motivation**
- **Others?**

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Combatting Fatigue



- **Take a vacation from Scouting**
- **Have someone else take over for a meeting**
- **Share an idea**
- **Enlist help**
- **Go to bed earlier**

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Combatting Boredom



- Look for a change of pace
- Visit another Scouting function
- Learn something new
- Plan something special to do

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Motivation



- Take a new training course
- Teach a skill to others
- Our attitude helps motivate others
- Reflect on how much you have grown
- Sense of belonging
- Provide recognition



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What Can We Do about Burnout/Stress?



- **Make commissioner service your primary Scouting role**
- **Set your commissioner priorities**
- **Keep up-to-date**

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Set Your Commissioner Priorities



- **Help improve commissioner service in your district**
- **Help make a difference in the life of the unit**
- **Hear their voice**
- **Help guide others through decision making and solving problems**

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Time Management



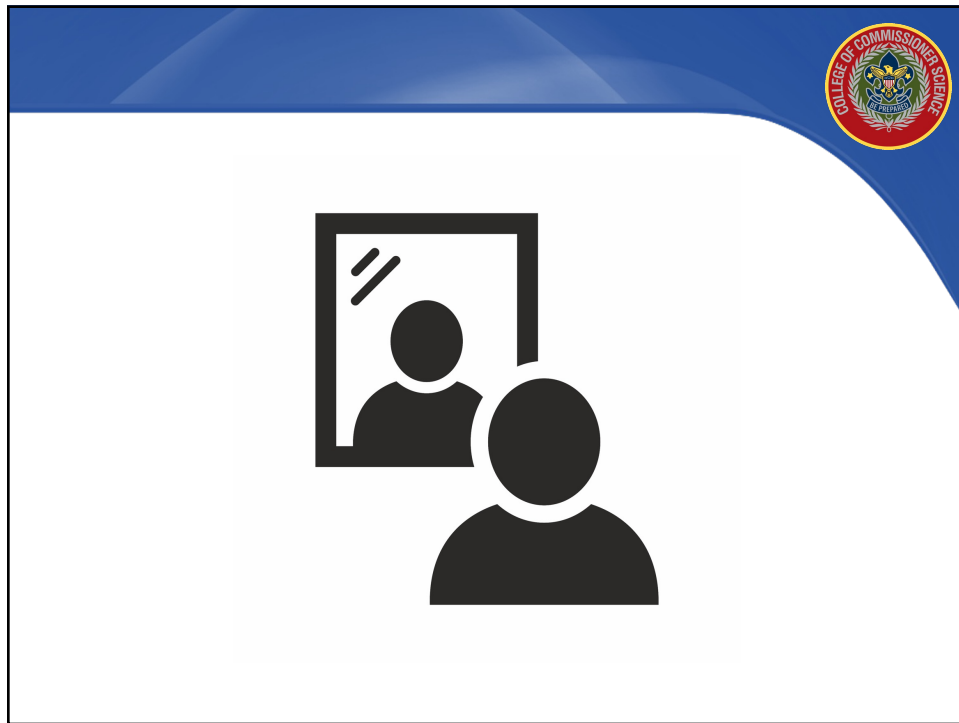
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Time Management

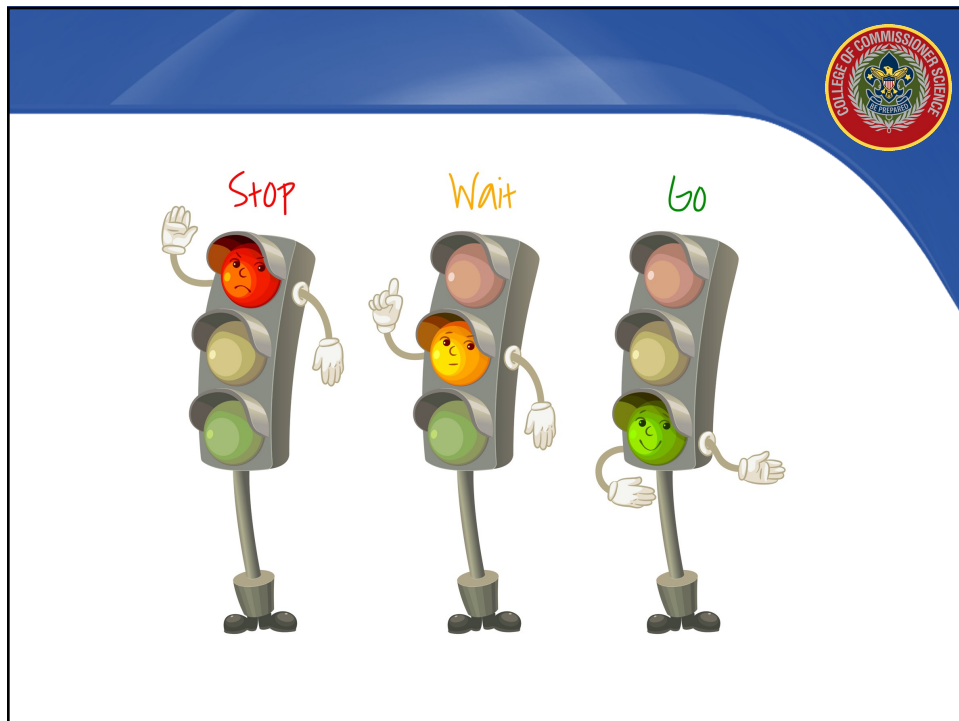


- Commissioner position primary
- Decide what is important
- Commissioner Tools/My Scouting Tool App
- Group your commissioner tasks
- Schedule appointments
- Say "No"
- Don't procrastinate
- Listen carefully
- Weekly to-do list

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Tenure expectations



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**My *candle* burns at both ends. It
will not last the night...**



---Edna St Vincent Millay

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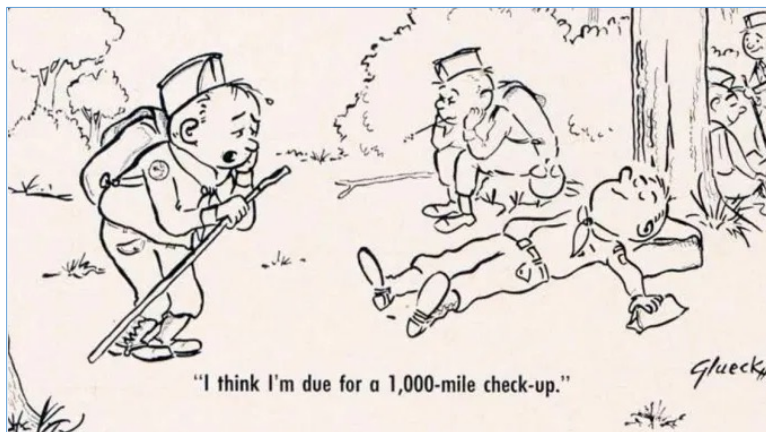
Scouter Wellness



- **Learn to take it easy. Take time out for yourself to relax.**
- **Keep your weight under control.**
- **Get regular exercise. Stay fit.**
- **Lead a balanced life. Eat properly.**
- **Seek prompt medical help for problems.**

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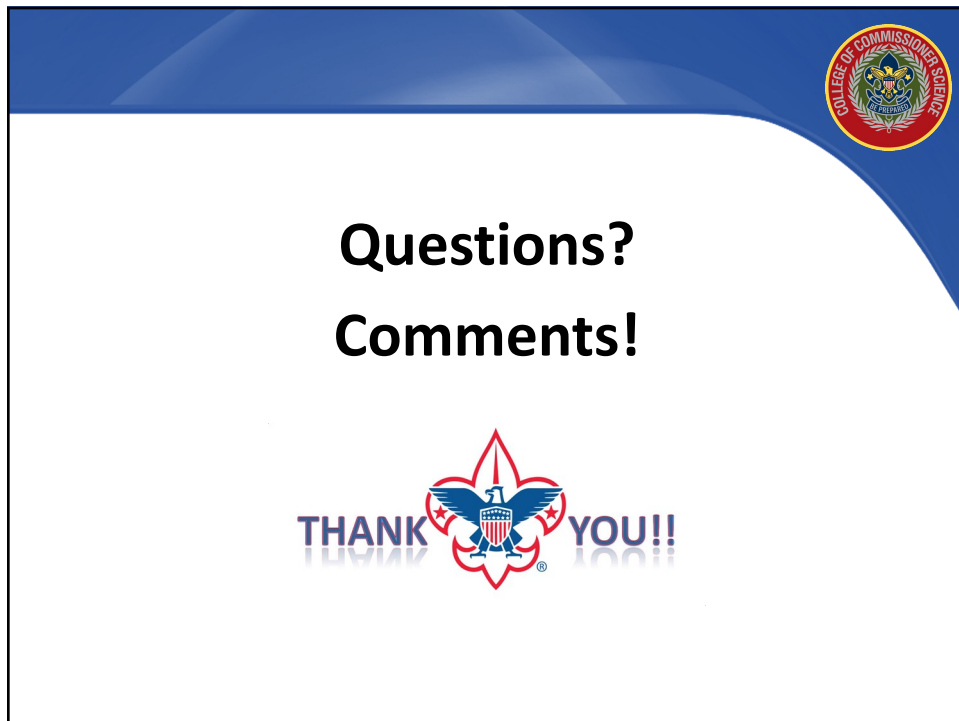
Laughter lowers stress



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