

SHORT & SNAPPY: Preventing Leader Burnout

What is a Short and Snappy?

- It's a short interactive group discussion provided at a Service Unit (SU) meeting for volunteers to share at the troop level.
- Any Service Unit team member, interested volunteer, or learning facilitator may guide a Short and Snappy (S&S).
- Ideas for presentation: One person can facilitate to a group, or small groups can present an assigned section to the room.

Objectives

- Volunteers will learn tips for caring for themselves to prevent burnout, as well as common things that increase the likelihood of burnout.
- Supply volunteers with information to be mindful and manage stressors.

Burnout Don'ts

Let's point out some things to avoid so that burnout does not occur!

1. **Don't stress over parent responsibilities.** It is ultimately their duty to register their child for events and memberships.
2. **Don't be a "softie."** Establish firm (but fair) rules early on from your very first meeting and stick to them.
3. **Don't do it all alone.** Ask for help from your caregivers, service unit, and staff.
4. **Don't be a "yes" person.** "No" is a complete sentence; only you know where your limits are and have to communicate them so as not to take on too much.
5. **Don't compare yourself to Pinterest.** Is it full of great ideas? Yes! But you can just as easily meet meeting requirements without it.

Resources

- [Girl Scout Leader Burnout](#)
- [Mental Health Awareness](#)
- [The Case for Being Good Enough](#)
- [How to Be Mindful](#)

Self-Care Dos

As we head into the busy holiday months, we are reminded now more than ever just how many items are on our personal, professional, and extracurricular task lists. It's enough to boggle the mind and cause sheer exhaustion! However, we want to remind you that Girl Scouting is a marathon, not a sprint, and there will be peaks and valleys on our journey. We will face triumphs as well as hardships, and so it is important to pace ourselves to avoid burnout. Read on for tips to keep the pace so we can cross the finish line together.

1. **Listen to your body.** Taking on too many responsibilities or not getting enough rest will cause fatigue to manifest-- take care of these now or it will only build up.
2. **Fill up your tank.** Before any long journey, we start with a full tank of gas, right? Set aside time a certain time of the day and week to build up your self-care reserves.
3. **Make a recharge list.** You have some unexpected free time, so having a list of activities you enjoy prepared in advance will allow you to maximize your free time. Pick an idea and go!
4. **Give yourself (and others) grace.** Everyone, including you, is on a steep learning curve that produces new challenges by the hour. Cut some slack when someone drops the ball, tempers flare, or things don't go according to plan.
5. **Find joy.** Daily life can begin to feel monotonous with the never-ending tasks; look for and create joyous moments to get you through the grind.

Activity

Let's make the self-care advance list now! Come up with 15-minute, 30-minute, and 1-hour things that rejuvenate your spirit. They don't have to be the typical "bubble bath" self-care activities (although that's okay if it is!). Maybe yardwork helps you find your zen. Whatever it is, jot down 5-10 things of different time requirements that bring you happiness so you have them to refer to when you have a spare moment!