



# Ethics in Leadership



May 2023

Vol 1 No 5

*Ethics in Leadership* is published by the Rocky Mountain Region Chaplain Corps on a monthly basis. It is distributed to staff and other CAP leaders with the approval of the region commander.

*"Perseverance is the hard work you do after you get tired of doing the hard work you already did".*

Newt Gingrich (1943- ), American politician, historian, and author



Perhaps you have seen this cartoon. It is a perfect example, creatively expressing, "never give up." Another popular one shows a cat hanging on the end of a rope with the quote saying, "When you get to the end of your rope, tie a knot and hang on."

How does the above quote pertain to those in a leadership position? We are called to a position of leadership and responsibility. At first, we endeavor to put our best foot forward. We are excited and full of new ideas. As time wears on, we may falter in our efforts. We could be discouraged when not everyone is on board with our ideas. As a result, three things may happen. We might just give up, throw in the towel and ask to be released. We could go dormant and do the least we can. Or, we may let others do our job for us. The result - little gets accomplished and the program suffers. Often, we are suffering burnout. So, how best to deal with it? Here are five ideas.

**Reframe Your Mindset** Consider the role you're burned out from and remind yourself why you accepted the challenge. It could help you view the situation in a more positive light. Burnout causes many people to hyper focus on the negative aspects of the job or role. This attitude can make the job or role seem even more frustrating, unbearable, and stressful - leading to more burnout.

**Make Time for Self-Care** Lack of [self-care](#) is one of the most significant contributors to burnout. If this sounds like you, start small. How you spend that dedicated time may change according to the needs of the day. Prioritizing adequate amounts of sleep, a healthy diet, and exercise are good places to start.

**Ask for Help** Let your boss, coworkers, family members, or whoever else is close to your situation know you're exhausted and drained. They can't help solve a problem they don't know about. Don't be afraid to ask for help, and be specific about what you need. At the end of the day, self-sacrifice may be self-defeating.

**Maintain Your Social Life** Sometimes it helps to talk about what you're going through with family and friends. Social time can help by stepping away from the stressors - simply using the time to enjoy another person's company. Either way, social contact can be an excellent way to de-stress. And

when it comes to carving out time for friends: “Don’t wait for more free time — create it. Prioritize it and hold on to it dearly.”

**Set Boundaries** When you’re not working, leave your work behind. Set boundaries by not overextending yourself. Don’t be afraid to turn down an invitation on the weekend if your schedule is already full and you need time to recharge. Saying “no” can help when it comes to coping with burnout. Never feel ashamed about setting boundaries. You can’t pour from an empty cup!

Try these strategies if you feel you are at the end of your rope.