



PRESS RELEASE



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Clouds of Burnout in this Economic Climate

As the current economic climate seems to worsen throughout the world many are facing redundancies and layoffs. For those remaining with the company cutbacks often necessitate an increase of responsibility and even work hours. The result for an overworked employee or partner is, too often, an increase of classic burnout. Stress, experts say, accounts for 90% of reported illnesses and 50% of the reason of visits to the doctor.

A U. K. Based charity, Harvest Fields Commissioning International and its media production arm, OLI Productions have just released a DVD entitled “Avoiding Burnout in YOUR Life”. As part of its “Facing the Challenge” DVD and TV series the 23 minute programme features comments and suggestions from some of Christianity’s busiest and most popular leaders: Pastor and author Casey Treat (U. S. A.), TV minister Andrew Wommack (U. S. A.), author Fiona Castle (widow of comedian and entertainer Roy Castle - U. K.), Brother Andrew (author and founder of Open Doors Mission - Holland), singer Lou Fellingham (U. K.), Media Consultant Mal Fletcher (U. K.) , Pastor and author Stuart Briscoe (U. S. A.) and others. Each guest shares how they have been able to cope with a hectic lifestyle and a demanding and increasing workload. Since burnout can easily lead to physical illnesses, mental stress and even death this subject is key to living a successful life and life-style.

Mother, solo singer and member of the singing group “Phatfish” Lou Fellingham finds the balance of wife, mother, mentor and musician quite a juggle. “I’m just in the midst of a struggle at the moment and trying to work through it” she honestly admits. Like Lou, the answers from these Christian leaders are not instant formulas but tried and tested paths that can assist others in working through a balance of “work, rest and play”.

HFC International’s leadership series are currently being broadcast on 15 Christian and independent television networks around the world including SAT 7 (the Middle East), CNL (Russia and worldwide), Gospel Channel (Scandinavia), The Australian Christian Channel, the Alfa and Omega Network (Romania and worldwide), Premier TV (U.K.), Shine TV (New Zealand), U Channel (Indonesia), the Family 7 Network (Holland) and IFBN (Israel).

Harvest Fields Commissioning International is a U. K. Registered Charity with the purpose of assisting in raising up and encouraging churches and leaders in over 45 countries and on all 5 continents for work in churches, charities and other humanitarian assistance groups. Its websites are at: <http://www.agapelive.net> and <http://www.hfci.net>.