



Are you ok?

Supporting our Mental Health

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We would like to begin by acknowledging that the land on which we gather is the territory of the Ho-de-no-sau-nee-ga (Haudenosaunee), Mohican, and Schaghticoke Peoples, who have stewarded this land throughout the generations. We thank them for their strength and resilience in protecting this land and aspire to uphold our responsibilities according to their example.

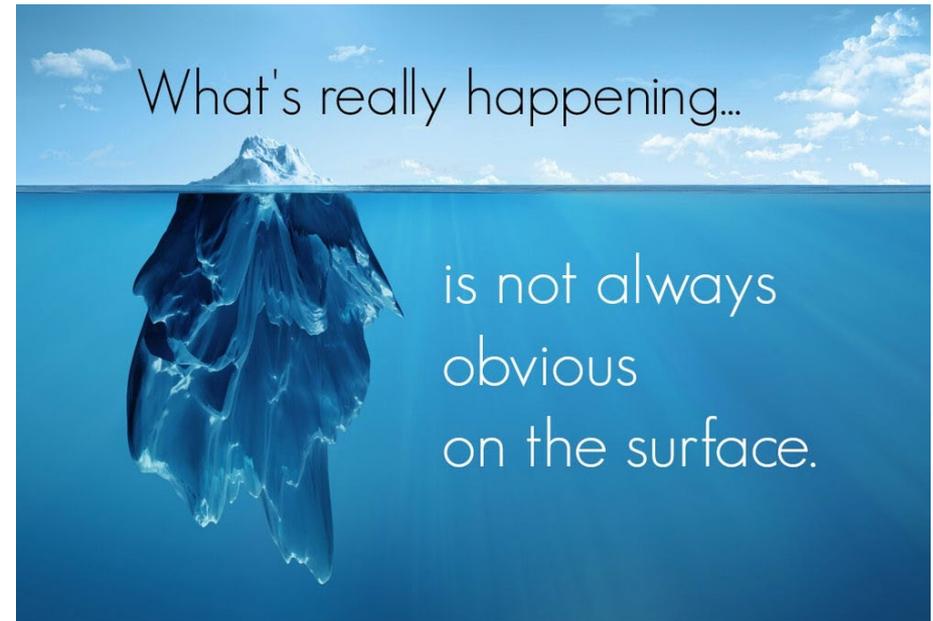
Today's Goals

- What is mental health?
- What impacts our mental health?
- How do you support your mental health and the mental health of others?
- How can we help?

What is Mental Health?

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Burnout Survey



Are you burnt out?

Add together the answers to questions 1, 2, 3, 6, 8, 13, 14, 16, 20

Occupational Exhaustion	EE <17	EE 18-29	EE >30
Occupational Exhaustion (burnout) is typically connected to a relationship with work that is perceived as difficult, tiring, stressful.	Low degree	Moderate degree	High degree

Are you burnt out?

Add together the answers to questions 5, 10, 11, 15, 22

Depersonalisation	DP <5	DP 6-11	DP >12
Depersonalisation or loss of empathy is characterized by a loss of regard for others and by keeping greater emotional distance, which is expressed through cynical, derogatory remarks, and even callousness	Low degree	Moderate degree	High degree

Are you burnt out?

Add together the answers to questions 4, 7, 9, 12, 17, 18, 19, 21

Personal Accomplishment Assessment	PA < 33	PA 34-39	PA > 40
The personal accomplishment assessment is a feeling that acts as a “safety valve” and contributes to bringing about a balance if occupational exhaustion and depersonalisation occur. It ensures fulfilment in the your work and a positive view of professional achievements.	Low degree	Moderate degree	High degree

What can you do if you're burnt out?



Self-care Inventory - Physical



Self-care Inventory - Psychological



Self-care Inventory - Emotional



Self-care Inventory - Spiritual



Self-care Inventory - Professional



How can we help?



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