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Subject: Feeling Burned Out?
Date: September 30, 2025 at 5:01 PM



PTA Friends,

When was the last time *you took a day off*? For some of us, a day off seems like a some day thing! If taking a day feels like a lofty goal, what about 5 minutes? I practice taking 5 minutes everyday just for me. And do you know what? *It. Is. Hard!* Burnout, for me, is worse!

A core purpose and value of PTA **is not** to lead their volunteers to burnout. If "burned out" is how you're feeling, maybe it's an opportunity to ask a few questions:

- **Do we have enough volunteers to support *this* event?** (Renee's thoughts: In what I've observed, PTA leaders and boards are tenacious. They will execute a plan even if they have to do it by themselves. This is not practical in the present or not sustainable in the long term.)
- **Has the administration been helping your PTA *recruit* volunteers?** (Renee's thoughts: While PTA does operate through memberships, not all who help need to be members. Those who vote do.)
- **Do we have the budget to implement our plan?** (Renee's thoughts: In what I've observed, PTA boards are giving. They want "the best" for their community. The best doesn't have to be the most expensive and it definitely doesn't need to exhaust your bank account! Money can get us the things we'd like to have. However, are the things we'd like to have what is really needed?)

If the answer is "no" to any of the above, it may be time to *COMMUNICATE*. When we're in the zone, clear and effective communication takes a back seat. Instead use this as an opportunity to talk with your board of directors, the principal, and the school assigned family partnership liaison. This could help you regroup and devise a more palatable plan without undue stress.

Remember, you are a lot of things to a lot of people. You're less effective when you feel burned out. Please take a few moments to reflect on how you're feeling.

It's the most important gift you can give yourself!

Renee

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