NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Beating the Burnout: Four Strategies to Move from Emotional Bypass to Resilience

NEW RESOURCES
Opportunities to learn more on this month's focus

CHAMPION'S CORNER
Features champion
Jen Rafferty
CEO, Empowered Education

TIPS
Getting the most from the NYS Trauma-Informed Network

2022 NYS TI Network Quarterly Meetings Calendar!

WELCOME

TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK

We're here to connect you with other organizations around NYS, bringing you resources and events on a variety of topics that promote trauma-responsive practices.

Our goal is to support champions of trauma responsive practices across the state with improved connection and access to quality resources. Together we can increase the collective understanding of trauma, improve practice, and support resilience throughout New York State.

FOCUS ON:
Beating the Burnout: Four Strategies to Move from Emotional Bypass to Resilience

Focus: Beating the Burnout: Four Strategies to Move from Emotional Bypass to Resilience

Burnout is that feeling of constant depletion; perpetually trying to pour from an empty vessel. It's so interesting that "soldier on" and "grin and bear it" are such common phrases when we talk about burnout, or feelings in general. However, unless we acknowledge and validate our feelings we end up creating a pipeline for emotional bypass that can sometimes pass as resilience. What might look like resilience and "bouncing back," can actually instead be suppressed and repressed emotions. These feelings can manifest themselves as back pain, sleeplessness, overeating, anxiety and even depression. We end up living in a world of pressure, overwhelm, stress and frustration. We cannot be effective in our jobs if we come from a place of exhaustion, pressure, and overwhelm. So, here are 4 things you can do to move from emotional bypass to resilience, in the true sense of the word.

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Let's Talk About Burnout
- Physician Burnout & Moral Injury: The Hidden Healthcare Crisis
- Burnout and Mental Health in the Workplace

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

Presenter and author Jen Rafferty started her teaching career as a middle school music teacher in Central New York for 15 years and chair of the music department. She founded *Empowered Educator* in 2020 as a response to teacher burnout during the pandemic. Jen is known for bringing her energy, humor and expertise in her presentations while inspiring educators to stay connected to their "why." Jen is

Jen Rafferty
CEO of Empowered Education

a certified Emotional Intelligence Practitioner and is currently pursuing her Ph.D. in Educational Psychology.

Since its inception, the *Empowered Educator* has reached teachers and school leaders all over the world. Jen has been featured in Authority Magazine, Medium, Thrive Global, and VoyageMIA. She is the author of the Amazon bestseller, A Place in the Staff: Finding Your Way as a Music Teacher.

Jen's insatiable curiosity continues to make the *Empowered Educator* programs relevant and reflective of the most up-to-date research in mindset, leadership, and cognitive neuroscience. She is committed to inspiring teachers and school leaders to discover their voice and maintain a healthy longevity throughout their careers.

TIPS

Here are some suggestions to help you get the most out of the NYS Trauma-Informed Network. Add a resource, share an event, help us spread the word and drive change in NYS.

NEW YORK STATE TRAUMA-INFORMED NETWORK