

**June Mental Health and Wellness Theme:**  
**Post—Traumatic Stress Disorder (PTSD) Awareness**

“PTSD is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event and people with this disorder may feel like they're in danger even when they aren't.” [Click here.](#)

**Did you know...**

- June 27 marks national post-traumatic stress disorder (PTSD) awareness day.
- 5% of people in Canada reported that a health professional had diagnosed them with PTSD, but 8% met the criteria for probable PTSD based on symptoms they experienced in the past month. For more information [Click here](#)
- Teacher burnout is so prevalent in education that researchers have developed their own definition for it.
- Stress is unpleasant negative emotions, such as anger, anxiety, tension, frustration, or depression, resulting from some aspect of work as a teacher. Burnout results when teachers are unsuccessful in coping with stress that is experienced over a long period. For more information [Click here](#)

**Tips to Deal With PTSD**

- Spend time with people
- Exercise
- Journaling
- Mindfulness
- Lifestyle changes
- Counseling
- For more information [Click here](#)

**More resources:**

[The Education Room: PTSD in Teachers: Yes, It's Real!](#)

[Bored Teachers: PTSD in Teachers is Real and Serious!](#)

[Understanding Occupational Stressors](#)

[Mitigating Occupational Stressors in Education](#)