Session Description
This session is intended for patient and caregiver volunteers. Whether you are interested in volunteering with special events, peer support, advocacy or a combination, it’s important to acknowledge your limits. PHA volunteers will share insights on how to volunteer and give back to the PH community without over-taxing yourself.

Speakers
Evette Britton, adult with PH, support group leader advisory board, Gallatin, Tenn.; Jayna Wall, parent of a child with PH, Burlington, N.C.; Tara Suplicki, PH patient, support group leader, Morristown, N.J.

Objectives
- Learn new ways to prevent burnout while volunteering
- Learn how to set personal limits and boundaries
- Discuss how to choose the right volunteer roles for yourself

Key Messages
- In order to be the best volunteer that you can be, volunteer for roles that match your skills and talents, appeal to your interests and that you can commit enough time and other resources to in order to succeed
- Prioritize your health
- It is okay to say no
- If you feel you are pushing your limits, don’t feel obligated to commit to more
- Lead in teams; whether you run a fundraiser or a support group meeting, it’s best to ask others to help
- Make sure you balance your volunteering with breaks so you don’t burn out
- Select projects that allow you to enjoy what you’re doing, otherwise you may dread your involvement
- If you volunteer with multiple projects, select ones that don’t have conflicting schedules to prevent overlap
- If you’re feeling overwhelmed, connect with other volunteers and share your feelings and experiences; PHA’s support group leaders have regional networks that provide mutual support for each other; all PHA volunteers are encouraged to check in with PHA staff any time they feel stressed or overwhelmed
- You can’t be productive if you feel incredibly stressed
- Self-assess: regularly ask yourself questions including: Am I having fun? Do I find my volunteer work rewarding? Do I have the time and resources that I need to succeed? Can I ask for help?

PHA Resources
- www.PHAssocation.org
- Connect with other volunteers to share experiences and tips; ask PHA staff to connect you
- Support Group Leadership Institute and PHriends Resource Center
• Support Group Leader and PHA PHriends Facebook groups