

<p>Shots of Kate with her kids and working at home</p>	<p>KATE ALSO HAPPENS TO BE AN ASSOCIATE PROFESSOR AT THE OHIO STATE COLLEGE OF NURSING, AND WHILE SHE WAS DEALING WITH THIS AT HOME, SHE WAS ALSO WORKING ON A SURVEY THAT ASSESSED BURNOUT AMONG WORKING PARENTS. :09</p>
<p>Kate Gawlik (CG'd earlier)</p>	<p><i>"Oftentimes we hear it associated with jobs and things like that. But I think, for parents, it's almost shaming to think that you can get burned out in your role."</i> :11</p>
<p>Shots of Melnyk collaborating with colleague</p>	<p>THE SURVEY – CONDUCTED IN 2021 AMID CHANGING WORK, SCHOOL AND CHILD CARE SITUATIONS – FOUND THAT TWO-THIRDS OF WORKING PARENTS WERE EXPERIENCING SOME DEGREE OF BURNOUT. IT'S A PROBLEM EXPERTS SAY IS NOT GOING AWAY AS WE EMERGE FROM THE PANDEMIC. :09</p>
<p>CG: Bernadette Melnyk, PhD Ohio State Chief Wellness Officer (cover 2nd half of bite at cut)</p>	<p><i>"We're not going to just magically come out of this COVID 19 pandemic. 10:11:14 // 10:11:45 "We have to do so much more on the prevention side of things, not wait 'til parents are in crisis."</i> :17</p>
<p>Shots of parent and child</p>	<p>BURNOUT'S NOT JUST HARD ON PARENTS, RESULTING IN MENTAL HEALTH CONCERNS LIKE DEPRESSION, ANXIETY AND INCREASED ALCOHOL USE, BUT THE SURVEY ALSO FOUND IT AFFECTS THEIR KIDS, AS HIGHER LEVELS OF BURNOUT WERE ASSOCIATED WITH INCREASED PUNITIVE BEHAVIOR TOWARDS THEIR CHILDREN. :11</p>
<p>Kate Gawlik (CG'd earlier)</p>	<p><i>"Doing things like insulting, criticizing, screaming. Sometimes physical harm even increased."</i> :07</p>
<p>Shots of Kate at home</p>	<p>TO TAKE SOME OF THE PRESSURE OFF, PARENTS CAN PUT STRESS-RELIEF PRACTICES IN PLACE LIKE HAVING A GO-TO FRIEND TO VENT TO OR LETTING GO OF UNNECESSARY ACTIVITIES AND COMMITMENTS. :08</p>
<p>Kate Gawlik (CG'd earlier)</p>	<p><i>"Really evaluate, how can I decrease my stressors and how can I increase my resources?"</i> :06</p>
<p>Shots of meditation</p>	<p>OR SIMPLY TAKE A FEW MINUTES TO BREATHE. :02</p>
<p>Bernadette Melnyk (CG'd earlier)</p>	<p><i>"Learn mindfulness, cognitive behavioral skills, imagery, meditation, and put them into practice on a daily basis."</i> :12</p>
<p>Shots of Kate and her kids</p>	<p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :02</p>

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<p>CG: Kate Gawlik Working parent/nursing professor</p>	<p>Kate explains how parental burnout feels for her: <i>“Parental burnout.’ When I heard that, I was like, ‘That’s it. That’s what I’m feeling.’ It’s just this overwhelming sense of having to be on 24/7 in so many different roles and just having to be invested in those roles so intensely.” :18</i></p> <p>Kate says, with so many demands on parents, burnout is inevitable: <i>“You want to try to be such a great parent and you want to do well at your job and you want to be a good wife and you want to have a clean house. There’s just so much being thrown at you that it’s almost like...having to do all that in a pandemic, it’s almost like burnout, to some degree, is inevitable.” :18</i></p> <p>Kate says it’s important to decrease your stressors and increase your resources: <i>“If you’re feeling really burned out, there’s two key places you can look. So one is to look at your stressors, and two is to look at your resources and to really evaluate, ‘How can I decrease my stressors and how can I increase my resources?’” :15</i></p> <p>Kate says she doesn’t know how they got through their pandemic days: <i>“I was with my husband one day in the kitchen, and I remember it was the end of the day and he just looked at me and he said, ‘Can you believe that we do this every day?’ And I was like, ‘No, I can’t.” :12</i></p>
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