Study finds burnout among working parents resulted in more mental health concerns and harsh behavior toward kids

Experts say burnout will not disappear as we emerge from the pandemic and action is needed to protect parents and kids

*Note: Embargoed until Thursday May 5, 2022 at 9:00 a.m. eastern

The Ohio State University Wexner Medical Center

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NEWS PACKAGE		
SUGGESTED TEASE	ALL PARENTS HAVE DAYS WHERE THEY FEEL THEY SIMPLY CAN'T HANDLE EVERYTHING ON THEIR PLATE. BUT A NEW REPORT REVEALS THE CONSEQUENCES OF BURNOUT FOR BOTH YOU AND YOUR KIDS. COMING UP, HOW YOU CAN PREVENT IT AND WHEN IT'S TIME TO ASK FOR HELP.	
ANCHOR LEAD	THE PANDEMIC BROUGHT UNPRECEDENTED CHALLENGES, ESPECIALLY FOR WORKING PARENTS JUGGLING THINGS LIKE REMOTE LEARNING, DISRUPTED CHILD CARE, EVER-CHANGING WORKING CONDITIONS AND, OF COURSE, HEALTH RISKS TO THEIR FAMILY. A NEW REPORT REVEALS THE LEVEL OF BURNOUT AMONG WORKING PARENTS DURING THE PANDEMIC AND THE CONSEQUENCES OF THAT STRESS FOR BOTH THEMSELVES AND THEIR KIDS. MANY OF THOSE STRESSORS AREN'T GOING AWAY. BARB CONSIGLIIO HAS THE DETAILS ON WHY FINDING WAYS TO REDUCE STRESS, ASK FOR HELP AND PREVENT BURNOUT IS SO IMPORTANT.	
(PACKAGE START)	(Nets Count) (00	
CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03	(Nats - Sound) :02 AS A MOM OF FOUR, KATE GAWLIK FELT BALANCING WORK, SCHOOL AND HOME LIFE	
Shots of Kate with her kids	DURING THE PANDEMIC WAS NEARLY IMPOSSIBLE. :06	
CG: Kate Gawlik Working parent/nursing professor	"I feel like all of us parents look back at that year and we're like, 'How did we do this?' I literally don't know how we did it". :09	

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KATE ALSO HAPPENS TO BE AN ASSOCIATE Shots of Kate with her kids and PROFESSOR AT THE OHIO STATE COLLEGE OF working at home NURSING, AND WHILE SHE WAS DEALING WITH THIS AT HOME, SHE WAS ALSO WORKING ON A SURVEY THAT ASSESSED BURNOUT AMONG WORKING PARENTS.:09 "Oftentimes we hear it associated with jobs and things Kate Gawlik (CG'd earlier) like that. But I think, for parents, it's almost shaming to think that you can get burned out in your role.":11 THE SURVEY - CONDUCTED IN 2021 AMID CHANGING WORK, SCHOOL AND CHILD CARE Shots of Melnyk collaborating SITUATIONS - FOUND THAT TWO-THIRDS OF with colleague 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 CG: Bernadette Melnyk, PhD "We're not going to just magically come out of this Ohio State Chief Wellness Officer 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 (cover 2nd half of bite at cut) parents are in crisis.":17 Shots of parent and child 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 Kate Gawlik (CG'd earlier) "Doing things like insulting, criticizing, screaming. Sometimes physical harm even increased.":07 TO TAKE SOME OF THE PRESSURE OFF, PARENTS Shots of Kate at home 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 Kate Gawlik (CG'd earlier) "Really evaluate, how can I decrease my stressors and how can I increase my resources?":06 Shots of meditation OR SIMPLY TAKE A FEW MINUTES TO BREATHE. :02 "Learn mindfulness, cognitive behavioral skills, Bernadette Melnyk (CG'd imagery, meditation, and put them into practice on a daily earlier) basis.":12

AT THE OHIO STATE WEXNER MEDICAL CENTER,

THIS IS BARB CONSIGLIO REPORTING. :02

Shots of Kate and her kids

(PACKAGE END) -----ANCHOR TAG

THE RESEARCH TEAM AT OHIO STATE USED THE STUDY TO DEVELOP A SELF-ADMINISTERED TEST TO HELP PARENTS RECOGNIZE WHEN THEY MAY BE APPROACHING THEIR BREAKING POINT AND SHOULD SEEK OUT HELP.

TO TAKE THE TEST AND FIND RESOURCES THAT CAN HELP, VISIT

GO.OSU.EDU/WORKINGPARENTBURNOUT.

SOCIAL MEDIA

Share it! Suggested tweet:

A new report by <u>@osunursing</u> reveals the level of burnout among working parents during the pandemic and the effects on themselves and their kids. Stressors won't disappear after the pandemic and it's important to learn how to reduce stress and prevent burnout. https://bit.ly/3vsAKII

Suggested post:

Lots of working parents have days where they feel they simply can't handle everything on their plate, but when burnout becomes constant, it can have serious consequences for both parents and kids. A new report by The Ohio State University College of Nursing and Office of the Chief Wellness Officer reveals the level of burnout among working parents during the pandemic and how it correlated with mental health issues and even punitive behavior toward their children and acting out by their children. https://bit.ly/3vsAKII

EXTRA BITES

Melnyk says burnout correlated with depression, anxiety and increased alcohol use:

"In our study we showed higher levels of burnout were associated with more parent depression, anxiety, increased alcohol use." :14

CG: Bernadette Melnyk, PhD
Ohio State Chief Wellness Officer

Melnyk says it's critical to take breaks during the day: "Even taking a couple of five to 10 minute breaks out of the day to do something to relieve stress or that brings you joy is really critical." :15

Melnyk says it's important to connect with someone about how you're feeling:

"You are not alone. So many other parents feel the same way. The important thing is to stay connected. Let somebody else know how you are feeling. :14

Melnyk says it's okay to say "no" to avoid overcommitment: "As part of being self compassionate, that means don't over commit. It's really important to learn to say no and don't feel guilty about it.":15

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Kate explains how parental burnout feels for her:

"'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

Kate says, with so many demands on parents, burnout is inevitable:

"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

CG: Kate Gawlik Working parent/nursing professor

Kate says it's important to decrease your stressors and increase your resources:

"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

Kate says she doesn't know how they got through their pandemic days:

"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

For viewer information on this story contact:

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