

TRANSCRIPT of Media Clips- Parents feel part of the loneliness epidemic

Kyle Boerke, PsyD, a clinical child psychologist and the director of Behavioral Health outpatient services for OSF HealthCare

"They also were thrown into being a teacher or they were thrown into becoming a daycare provider, in addition to whatever their typical job was as well. And so, the demands continue rising for parents, and they're investing so much into their children that it's draining; it's leading to that burnout we're hearing about in the study." (:23)

Dr. Boerke says social media is contributing to the loneliness epidemic.

"It's very clear the anxiety, depression, loneliness that people feel – it's literally a one-to-one correspondence. Increase in social media use ... increase in anxiety and depression. It's a one-to-one correspondence." (:12)

Still, Dr. Boerke thinks social media – when used "for good," can be an important connector.

"If we utilize the tool of social media to find social interactions and then go do those human to human, face to face, in-person interactions, that's a great use of the tool." He adds, "Unfortunately, that's not oftentimes how it's being used."(:16)

Dr. Boerke suggests reaching out to neighbors.

"Because if I can find somebody close by, even if it's, 'I'm gonna ask a neighbor to go on a walk with me three times a week, Monday, Wednesday, Fridays; we're gonna walk in the morning before we go to work, or before I start the day.'"(:10)

Mom's groups are also an outlet for social interaction.

"Find people who are close by. Find people who experience the same phase of life that you're going through and make a concerted effort to increase frequency of those interactions, and that's how we fill up our own bucket." (:13)

Morgan Hurtado, parent in Bloomington, Illinois

Morgan Hurtado is challenging herself to get out of her comfort zone and make more in-person connections.

"Something I'm trying in my personal life as sort of an experiment if you will, is to limit my social media interactions or just limit my time as a whole on social media, forcing me to have those in-person interactions more often and maybe leading to new relationships, friendships." (:27)