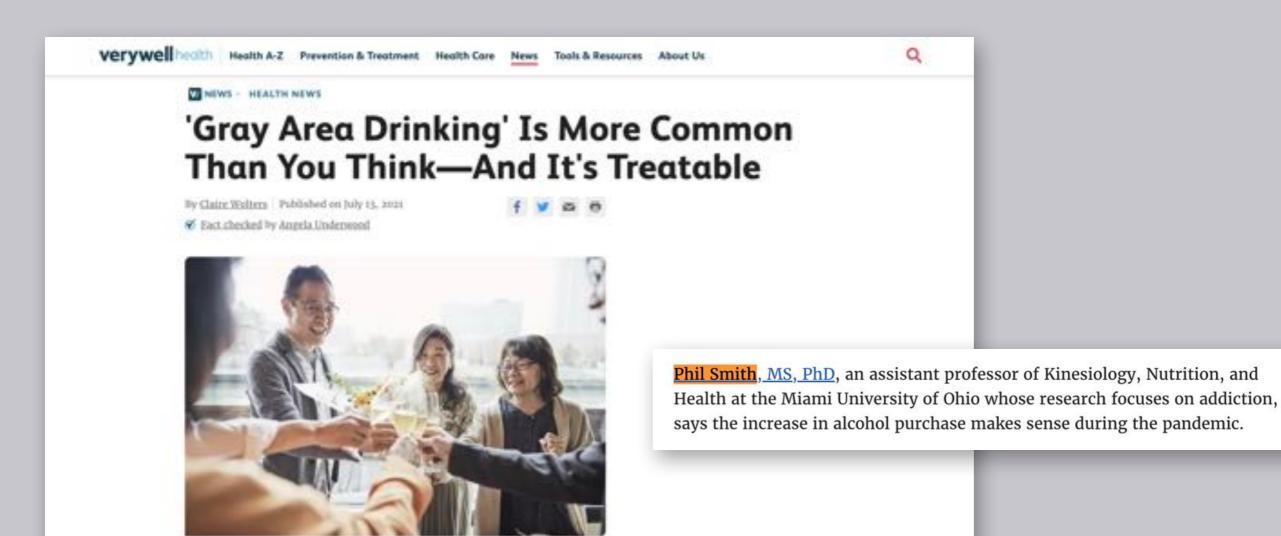


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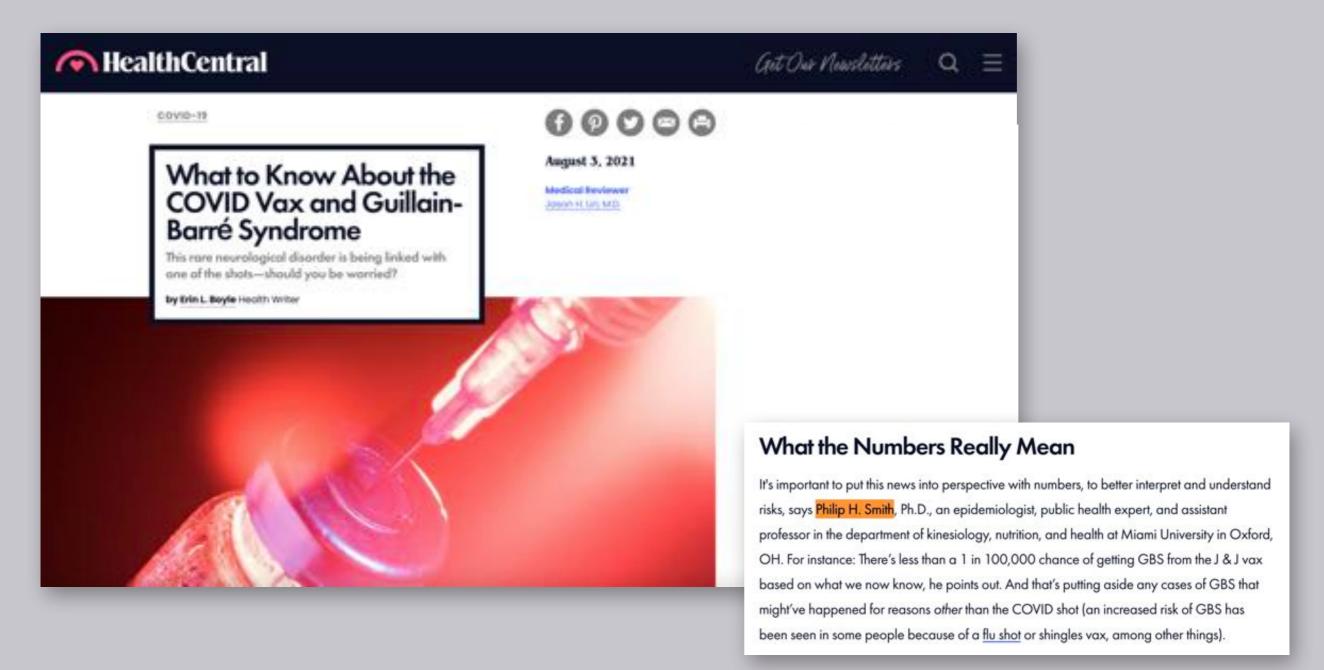
Change Creation Sustainability & the Environment Sustainability & Social Constructs & Social Justice Social Justice Advancing Health & Humanity

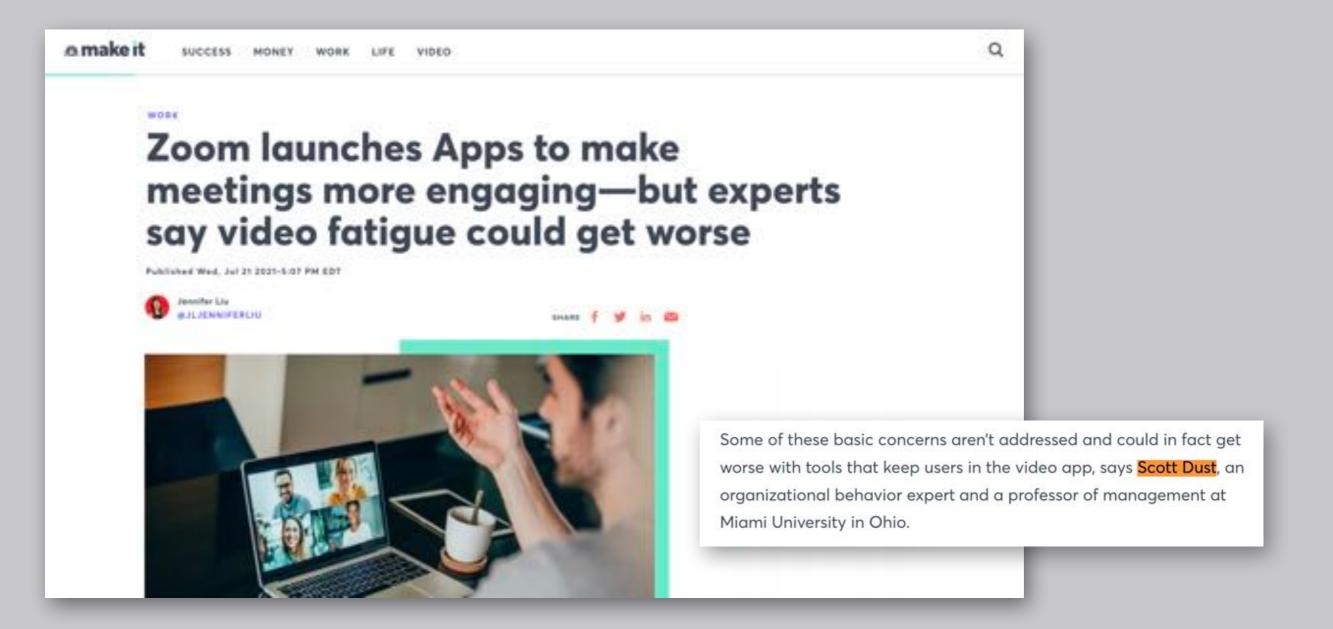
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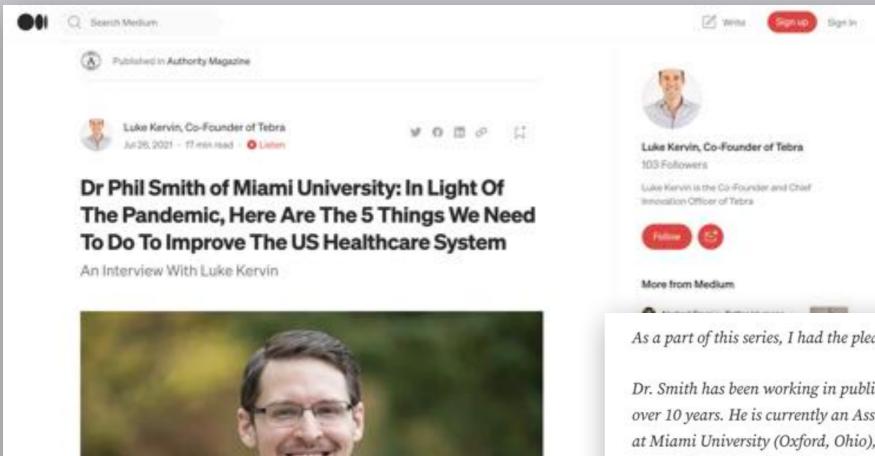


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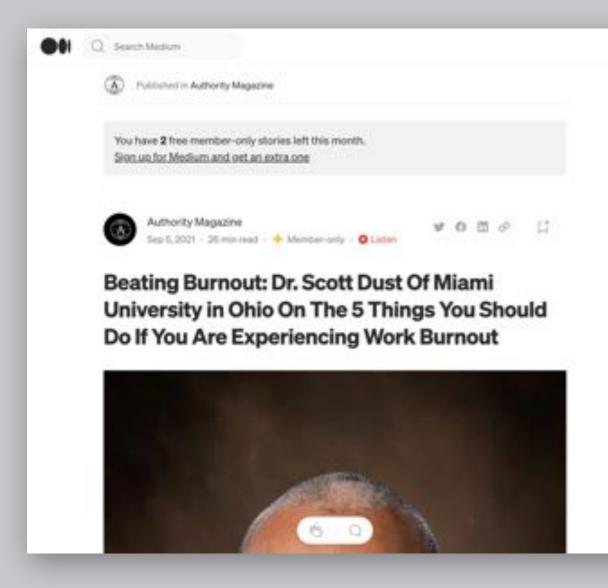






As a part of this series, I had the pleasure to interview Dr. Philip Smith.

Dr. Smith has been working in public health education, research, and practice for over 10 years. He is currently an Assistant Professor in the Public Health Program at Miami University (Oxford, Ohio), and his work focuses on health equity, women's health, and public health policy. During the pandemic, Dr. Smith has conducted research on COVID-19 prevention behaviors, and has helped Miami University by researching and developing innovative strategies to help control the spread of COVID-19 on campus.



Scott Dust, Ph.D., is an organizational behavior expert and the Dr. John F. Mee Endowed Assistant Professor of Management in the Farmer School of Business at Miami University in Ohio. His primary areas of research are leadership, leaderfollower relationships, and teams. He's currently researching personal characteristics that enable employees to overcome work-related interpersonal challenges.

Ok, thank you for all of that. Let's now shift to the main focus of our interview about beating burnout. Let's begin with a basic definition of terms so that all of us are on the same page. How do you define a "Burnout"? Can you explain?

There are many definitions of burnout out there in the info sphere, but the one that I would encourage everyone to use is as follows: burnout is a prolonged response to chronic emotional and interpersonal stressors on the job, and is defined by the three dimensions of exhaustion, cynicism, and inefficacy. This is the definition as presented by Christina Maslach and colleagues, which is the basis for the most popular and well-validated measure of burnout, the Maslach Burnout Inventory. This burnout inventory has been used in hundreds of studies, so there is a great deal of accumulated knowledge stemming from this definition of burnout.



CONTRIBUTOR LOG IN

WELL-BEING WISDOM WONDER PURPOSE SLEEP SPECIAL SECTIONS COMMUNITY Q

сомминету

Dr. Scott Dust Of Miami University in Ohio: "Evaluate, Systematize, and Prioritize"

Evaluate, Systematize, and Prioritize. The third thing employees should do is create a system that helps them prioritize what they can handle (i.e., demands) and what they need to help make it happen (i.e., resources). For some employees, it might simply be a one-week "stay-cation" to get one's life organized. For others, it might be [...]

Thive Global mates voices from many spheres to share their perspectives on our Community platform. Community stories are not commissioned by our editorial learn, and opinions expressed by Community contributors do not reflect the opinions of Thrive Global or its employees. More information on our Community guidelines is available.

By Ben Ari

What can employers do to help their staff reverse burnout?

I would argue that employers can do way more than employees can do with respect to reversing burnout. The primary cause of burnout is when job demands have gone too far. Along those lines, organizations need to focus on having reasonable workloads, manageable deadlines, and clear expectations.

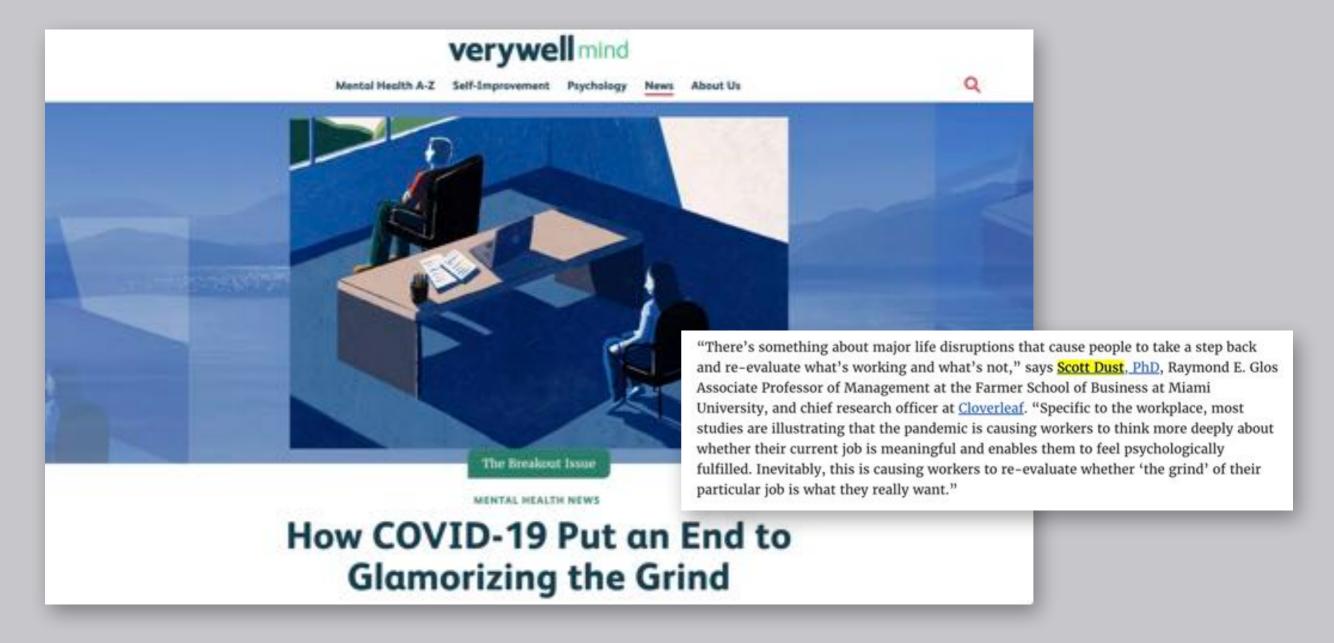
Organizations can also begin cultivating an organizational culture that celebrates work-home balance and flexibility. Leaders play a particularly important role here. The more that they role model that they also want to work in a balanced work environment, the more that their employees will feel comfortable pushing the brakes when they are experiencing signs of burnout.

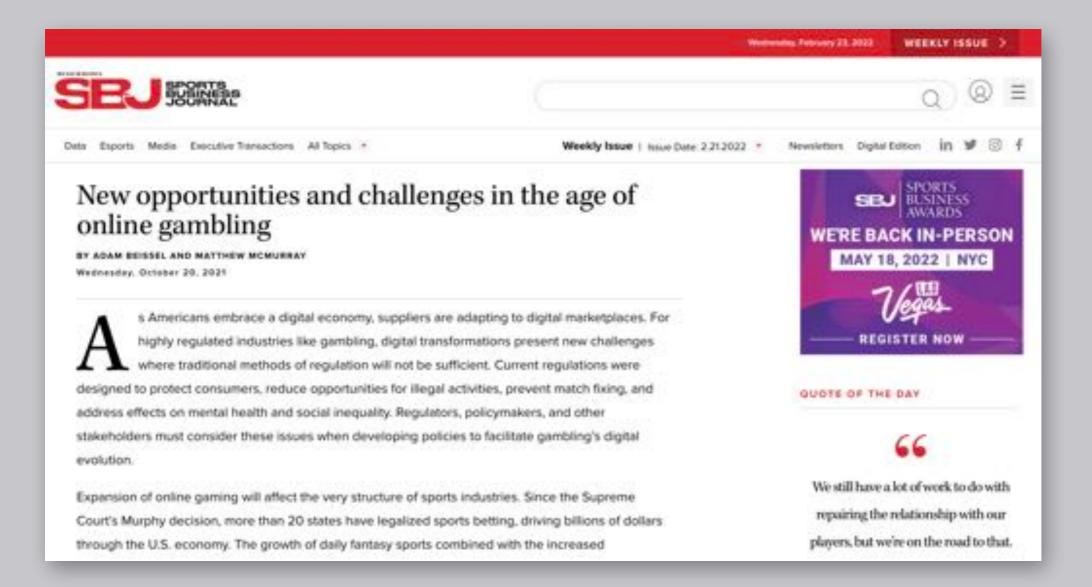
Another idea is to implement an organization-wide goal-setting initiative such as the objectives and key results (OKRs) framework. Employees have a tendency to take on more and more because they fear a backlash from saying "no" to colleagues. The challenge here is that more is not necessarily better. When organizations have a clear system in place that helps employees prioritize what objectives are important and when they need to be achieved, they'll have a much higher degree of confidence in declining requests that fall outside of this system. It's about working smarter through prioritization and focus, not about trying to reach inbox zero by doing anything anyone asks you to do.





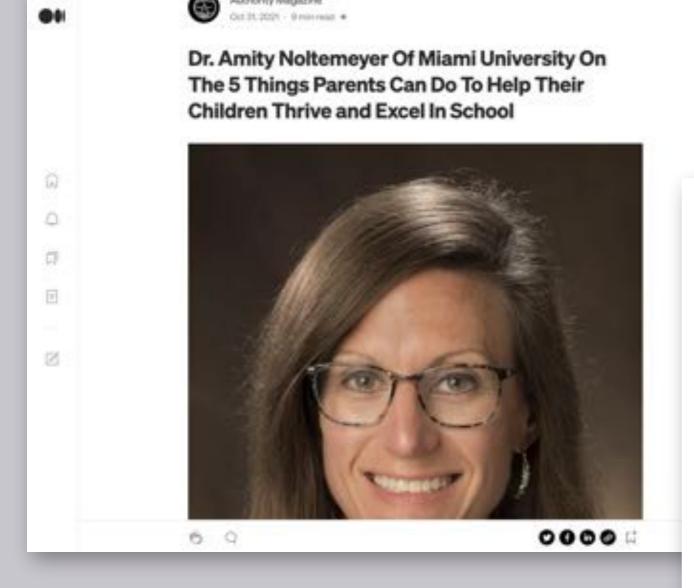
Simply put, a vaccine mandate is a law that requires you to be vaccinated to do certain things—like working, traveling, or even attending a concert. "Vaccine mandates are policies enacted by public and private institutions that require individuals to be vaccinated in order to do something, or in order to avoid punishment," Dr. Phil Smith, PhD, a professor at Miami University and member of the University's 'Safe Return to Campus' planning and coordinating committee, tells Parade.







As an immigrant woman who spent most of her life in the U.S., I have been surrounded by those who express surprise that I speak English well, or am fluent in another language. I've been chastised for not keeping my husband's name by an immigration official; had my ability to speak English questioned by a stranger who overheard me speaking Spanish to my children in public; and been assumed Mexican by more senior colleagues because I am Latinx (no, we're not all the same!)

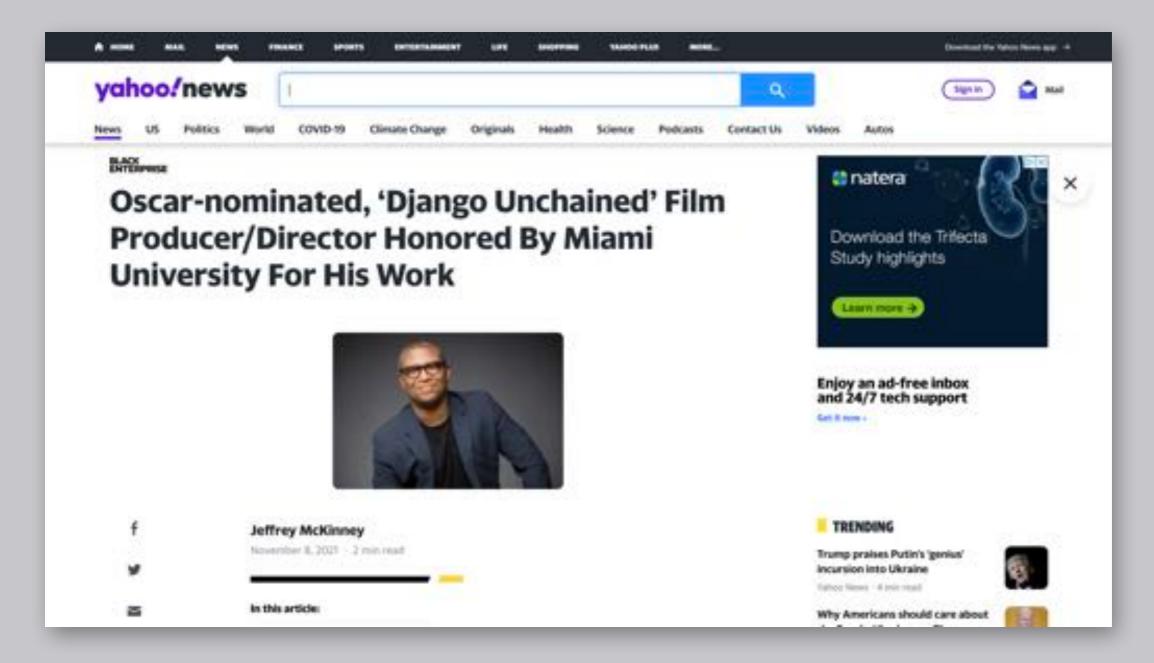


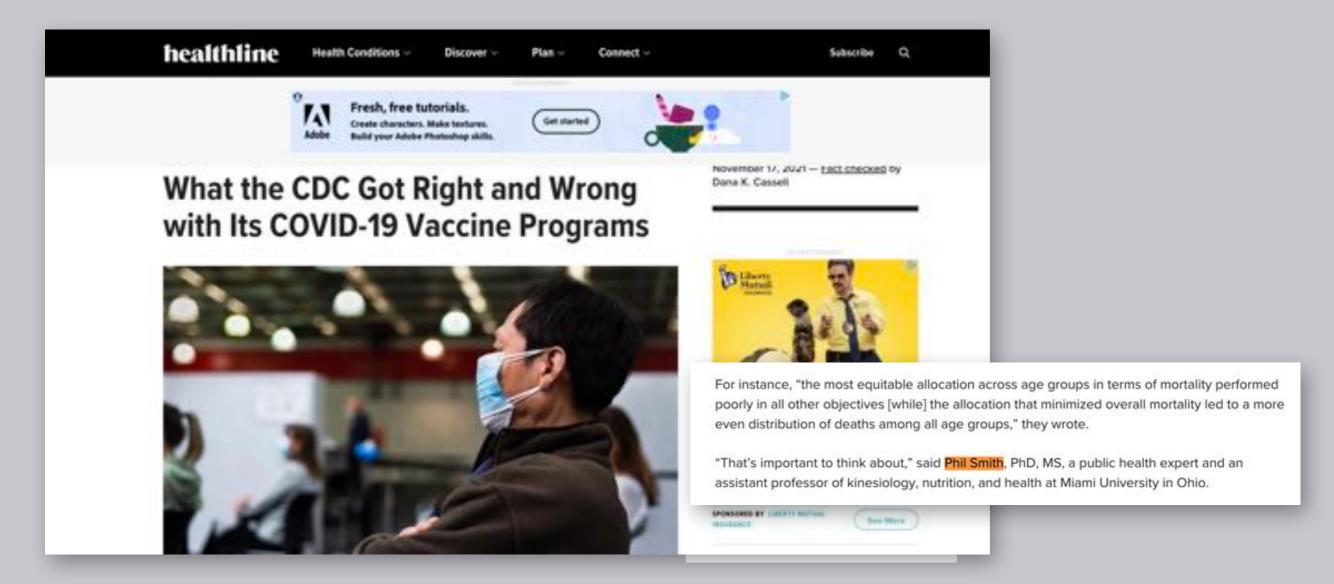


Can you suggest a few reforms that you think schools should make to help students to thrive and excel?

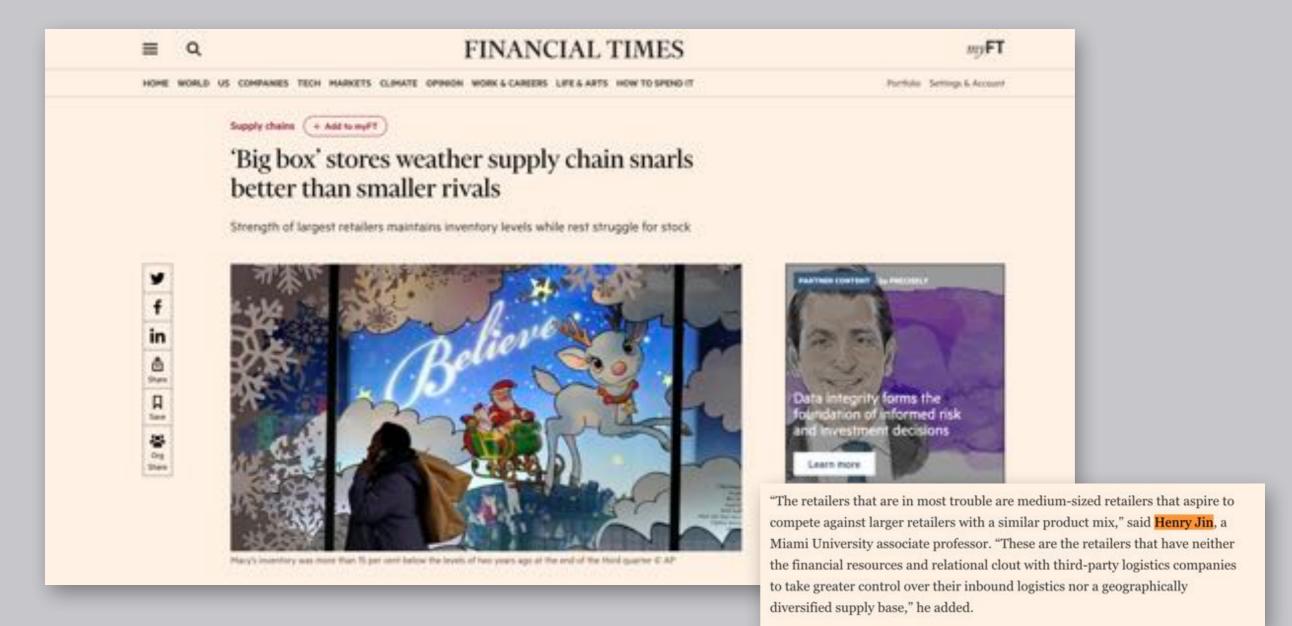
Most schools recognize the importance of teaching a high quality academic curriculum using effective instructional practices. However, in my experience fewer schools systematically plan for and implement high quality instruction to teach behaviors and social-emotional skills such as respect, responsible decision making, empathy, problem-solving, and emotion regulation. Schools should consider using school-wide Positive Behavioral Interventions and Supports (PBIS) to teach, model, practice, and reinforce positive and prosocial behaviors expected within the school setting. Furthermore, schools should consider complementing their school-wide PBIS efforts with a Student Assistance Program (SAP), which focuses on prevention, early identification, evidence-based intervention, and referral processes for students experiencing mental health concerns, behavioral health concerns, substance use, and other non-academic barriers to learning.

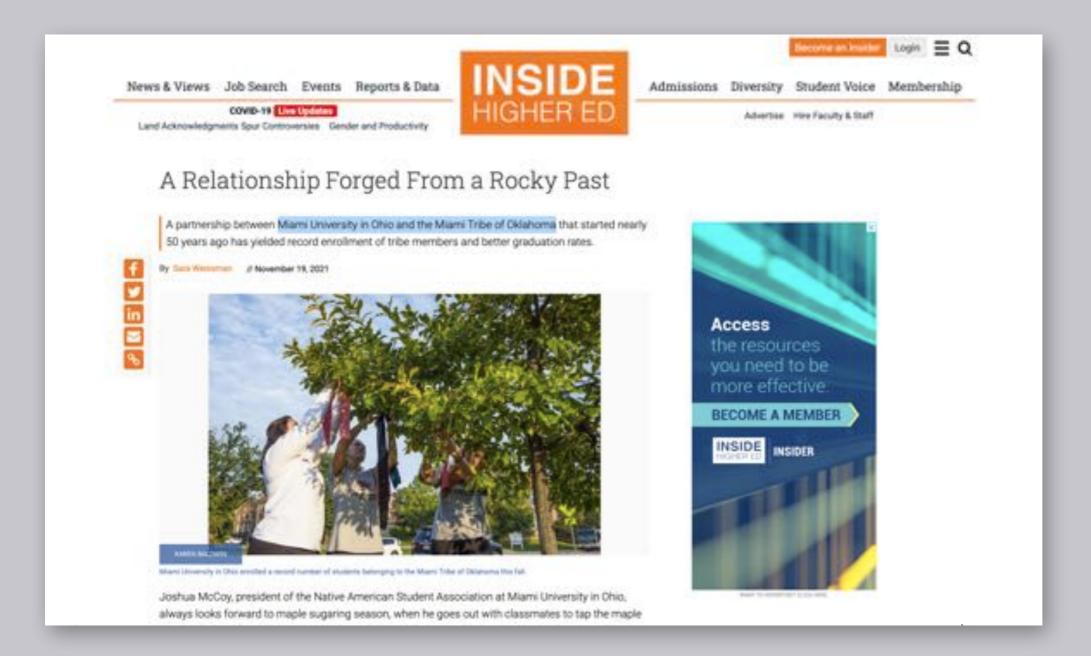










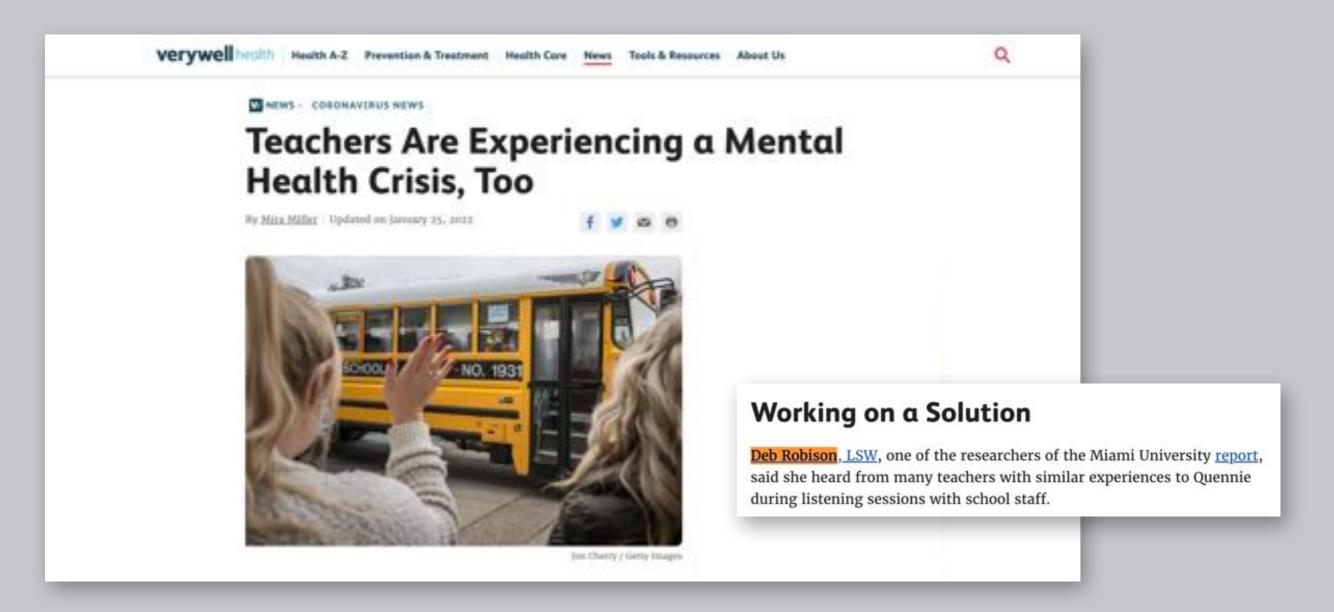


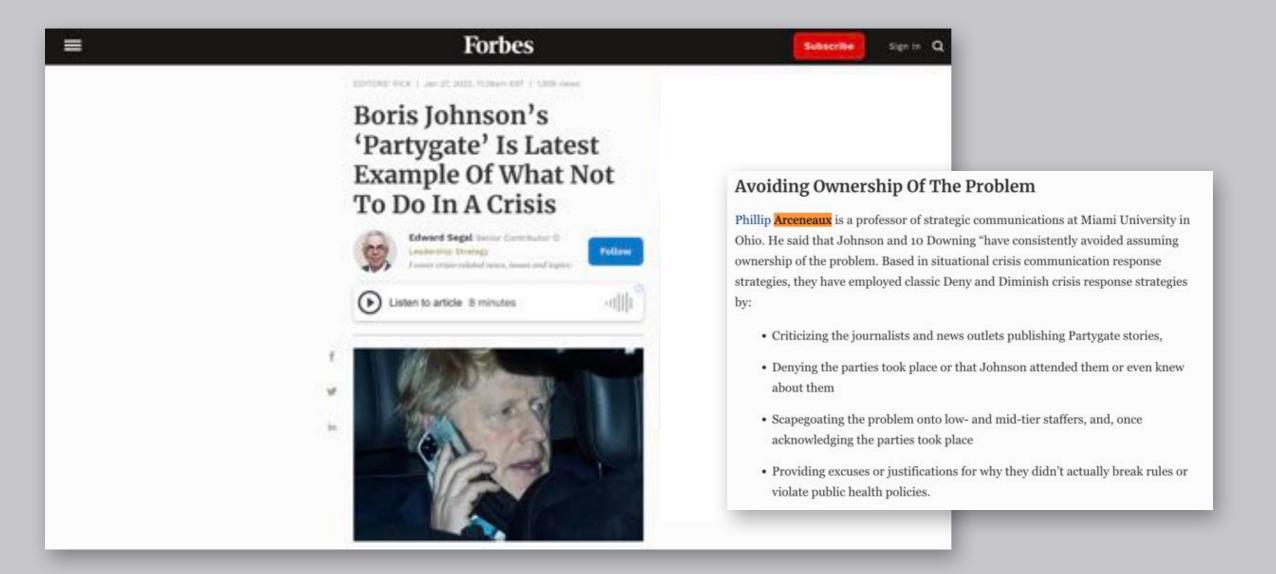


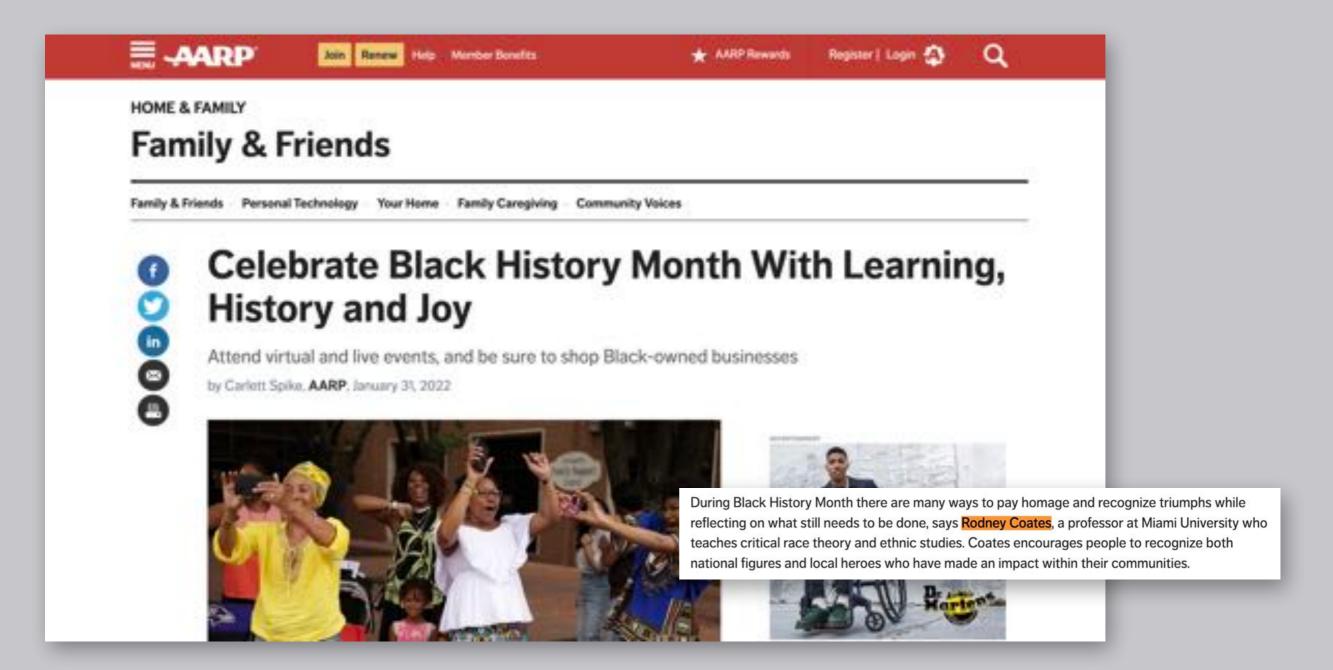
defined all women as mothers.



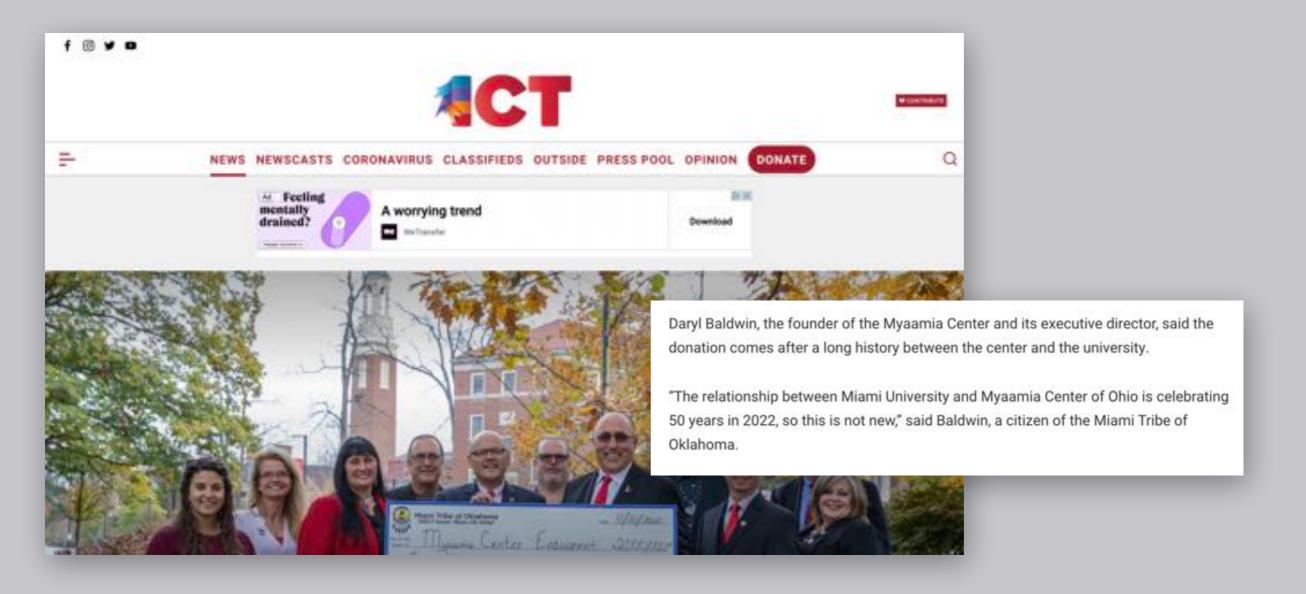
I was born in 1974, nearly 18 months to the day after *Roe*. The women of my generation, along with the following generation, have been shaped by access to legal abortion and the subsequent guarantee of full personhood. The birth control pill, first approved by the FDA in 1960, promised reproductive autonomy, but abortion rights helped make it true. As we <u>approach the overturning of *Roe*</u>, how should we understand both its significance and its demise?

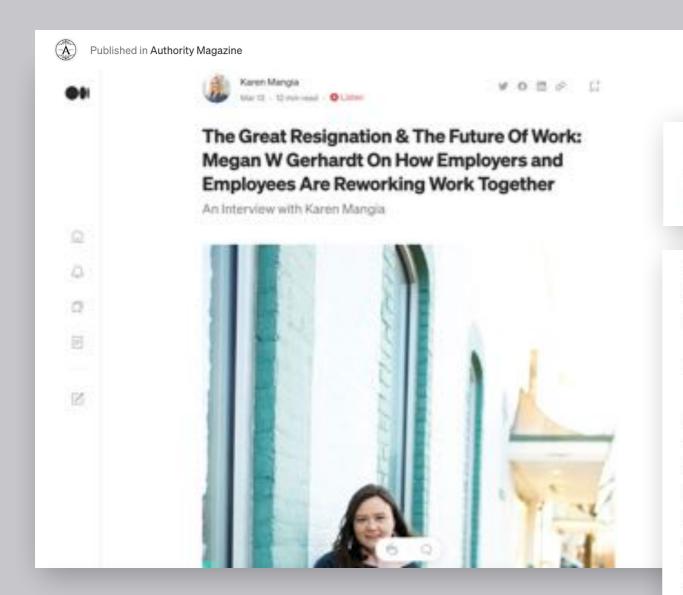












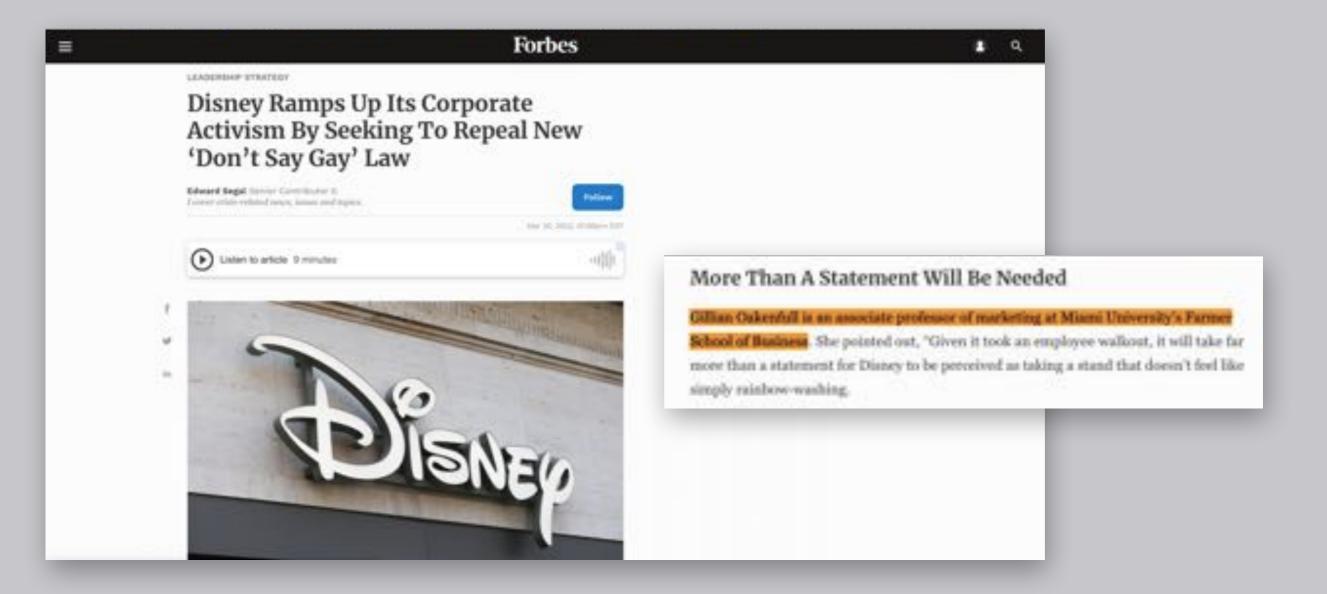
As a part of our interview series called "How Employers and Employees are Reworking Work Together," we had the pleasure to interview Professor Megan Gerhardt.

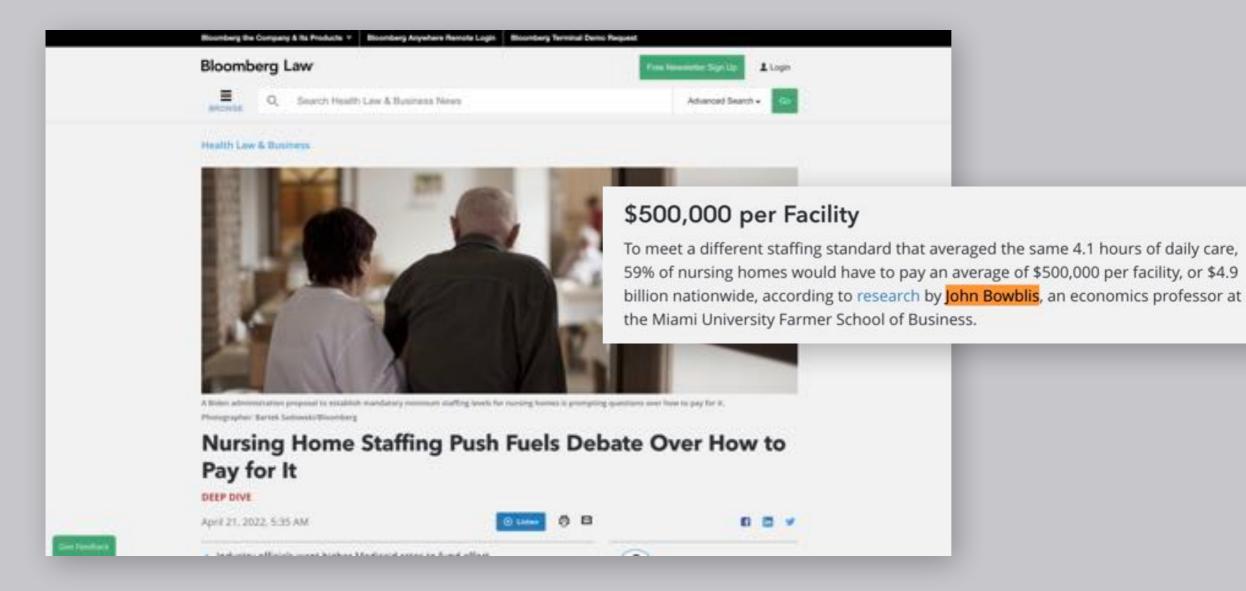
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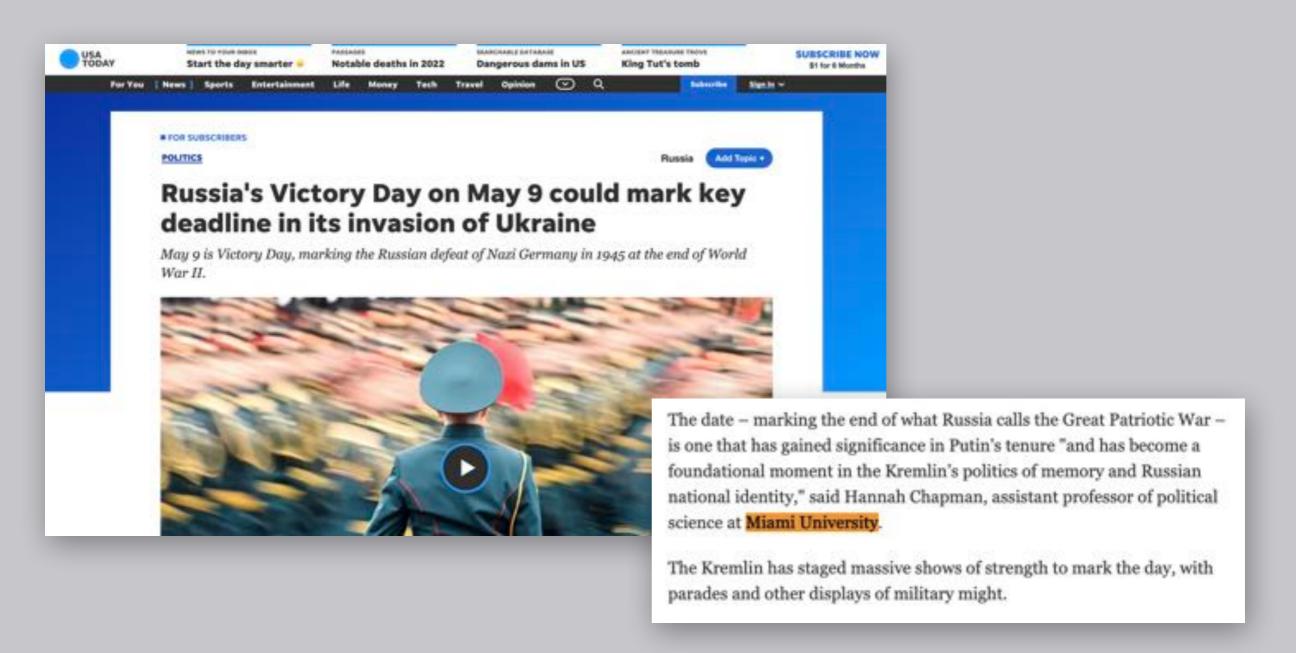
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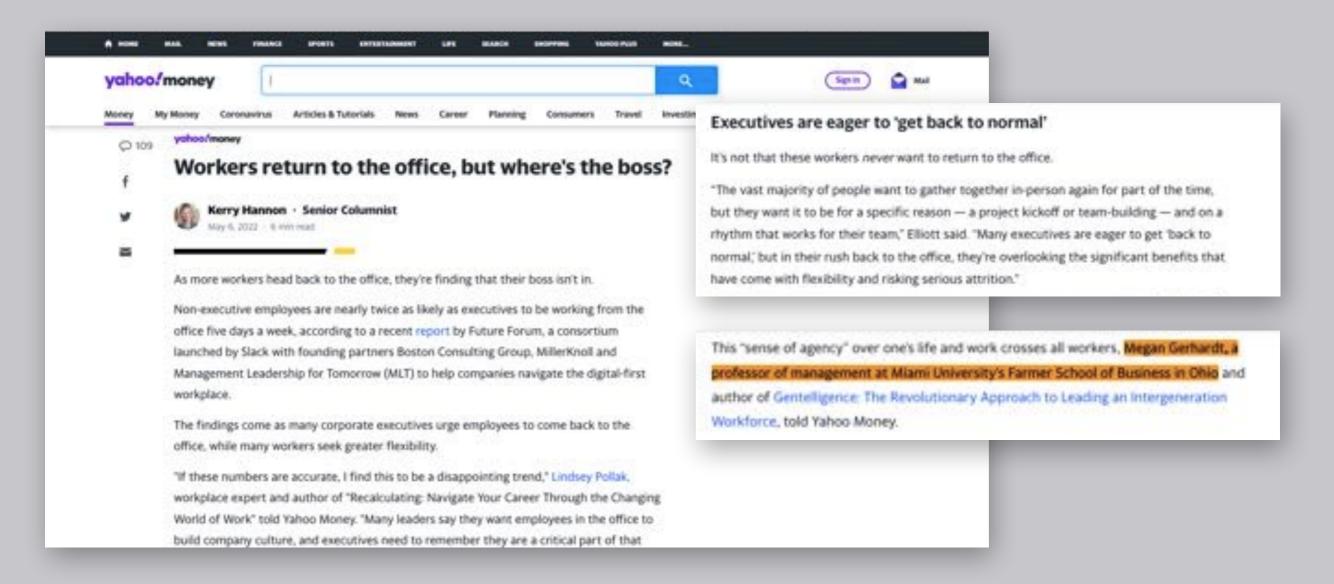
Thank you for making time to visit with us about the topic of our time. What do you predict will be the same about work, the workforce and the workplace 10–15 years from now? What do you predict will be different?

We are amid the greatest management and leadership shift of our lifetime. Companies are trying to navigate challenges we've never encountered before while keeping the needs of all their employees balanced with the needs of their business objectives. Moving forward, the only companies that will survive will be the ones that are willing to reinvent what it means to work and let go of archaic practices. There's not a one size fits all solution. We will see more companies investing into the science of understanding how to attract, develop, and retain their talent. The days of relying on "common sense" to manage our people are over. There's an entire science to organizational psychology that will now need to be at the center of any successful company.



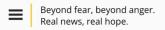












The CHRISTIAN SCIENCE MONITOR®



Why many Republicans now oppose abortion exceptions for rape



Ryan Bomberger was 13 years old when his adoptive parents first told him he was conceived after his birth mother was raped.

He grew up in a devout evangelical family with 15 children, 10 of whom were adopted by his parents, who were committed to providing a loving home for his diverse array of brothers and sisters. "We all had our different stories, and our parents always shared with us the stories of our birth moms — it was a way to honor our birth moms — since we were toddlers."

But learning about the horrific experience of his own birth mother left him reeling, "You know, x3 is a crazy time for any child, a tumultuous time of life," says Mr. Bomberger, who, with his wife Bethany, runs The Radiance
Foundation, a faith-based anti-abortion organization in Purcellville, Virginia.

"In the end, what they want is a total ban on abortion, because I don't think they believe that women are individuals — they think that women are essentially mothers," says Kimberly Hamlin, professor of history at Miami University in Oxford, Ohio. "So they believe fetal rights, fetal personhood should be covered under the 14th Amendment and should trump the rights of living, breathing girls and women."

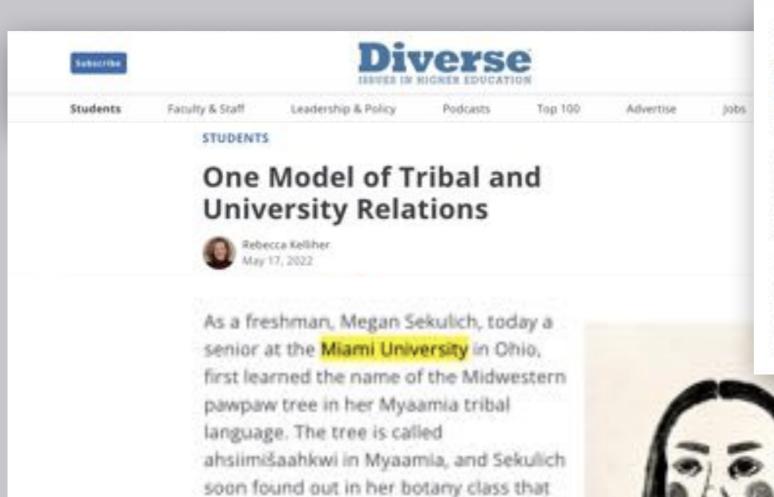


The History of Abortion Rights in the U.S.

In light of the recent leak suggesting the Supreme Court is poised to overturn Roe v. Wade, experts say it's imperative to look to the past to understand how the present is unfolding.



"I think it's important for people to know that this idea that fetuses somehow have rights is very new," says Kimberly Hamlin, PhD, a feminist scholar and professor of history and global and intercultural studies at Miami University in Oxford, Ohio. "And what's even more new is the idea that somehow these so-called fetal rights should trump those of living, breathing women and girls."

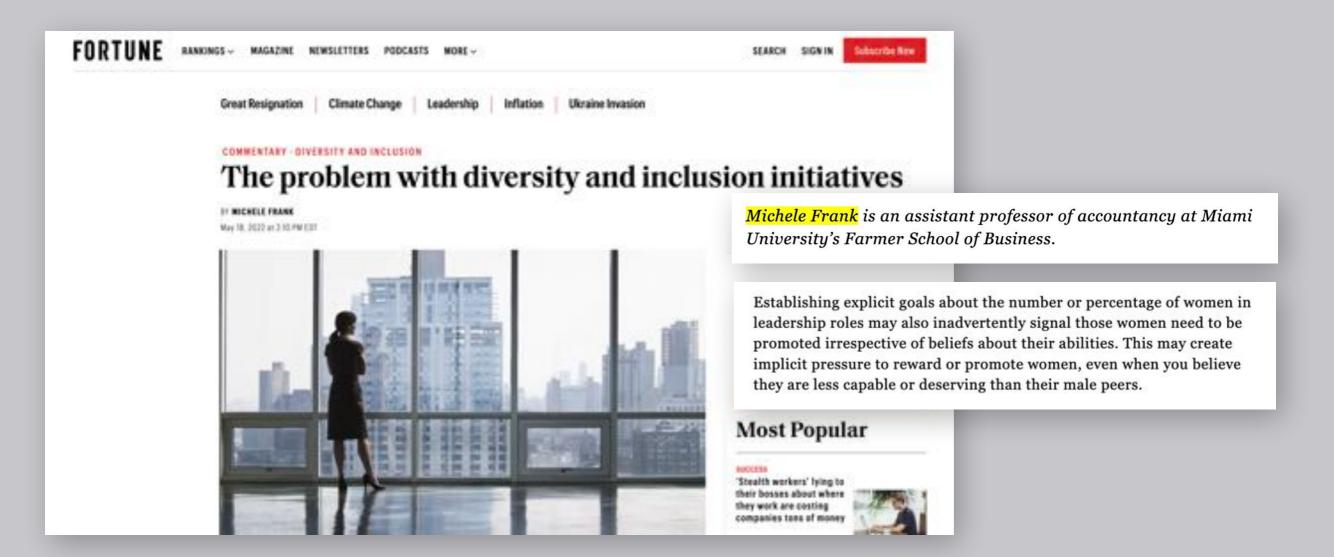


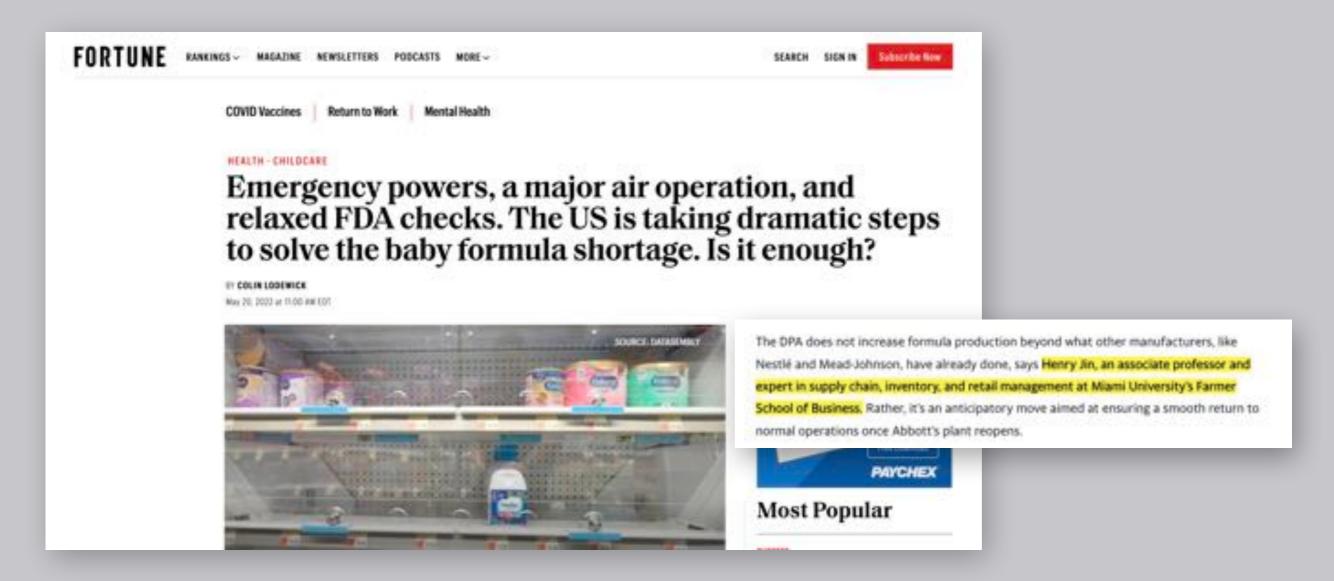
its scientific name is asimina triloba.

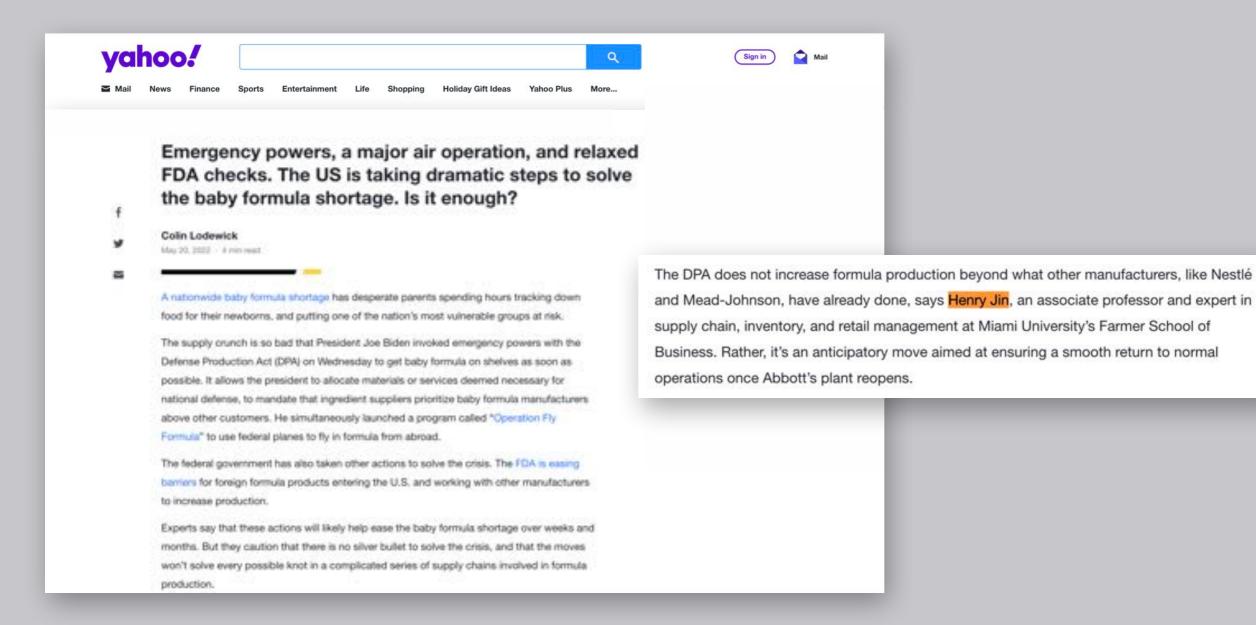
"In the early years, it was very difficult to get people to come to Miami University—to the point where the Chief would call people he knew and ask them to come," said Kara Strass, director of Miami Tribe Relations at the Myaamia Center at Miami University as well as a citizen of the Miami Tribe. "And there was not much here for them when they came. They didn't really have a community, so the program was not especially successful."

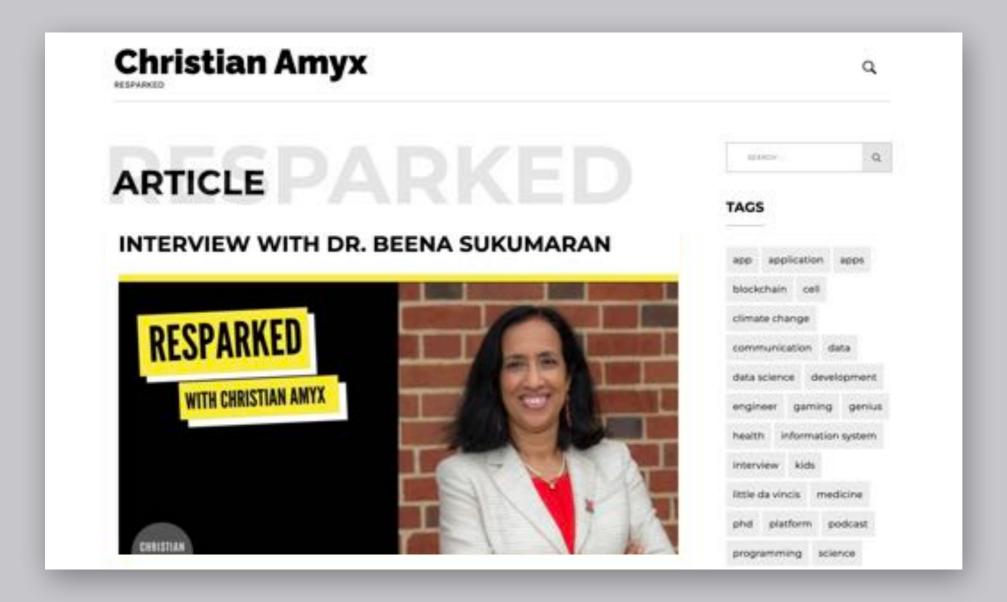
About 44% of Myaamia students at that time graduated within six years from Miami University. That was just slightly higher than the national average six-year graduation rate among Native American students, which continues to hover around 40%. But since roughly 2001, things have turned around.

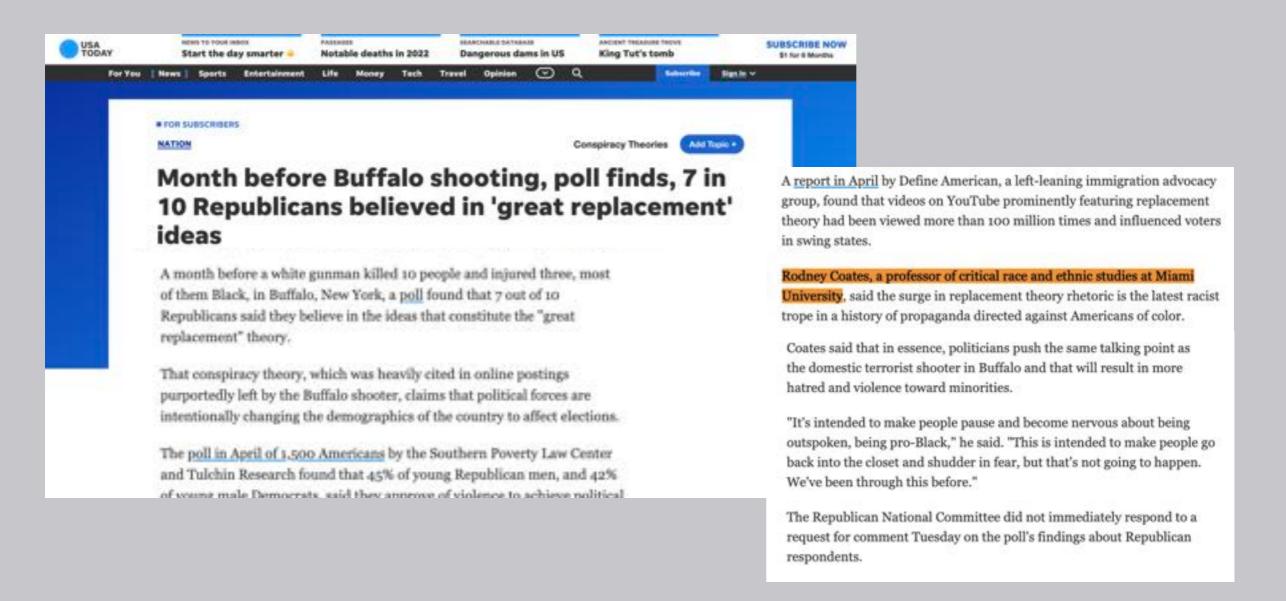
That's when the Myaamia Center at Miami University formed under the leadership of **Daryl Baldwin**, the executive director of the center and a citizen of the Miami Tribe. He began hiring more Myaamia staff and focusing on the needs of the Miami Tribe. Baldwin and his team, as well as Miami University partners, started to build more community support for Myaamia students on campus.

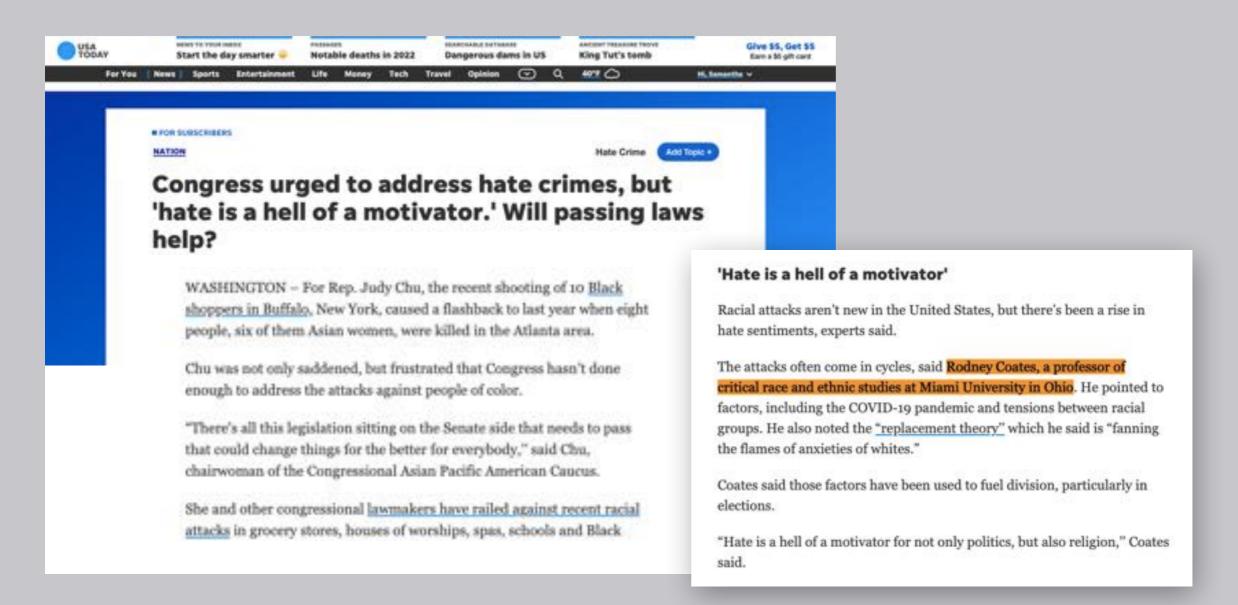


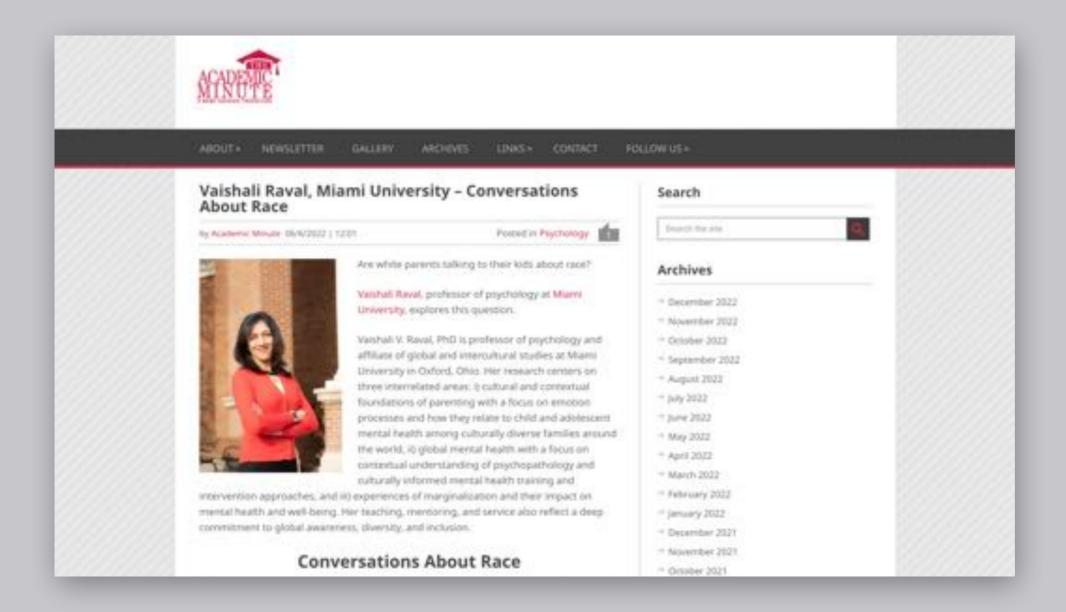




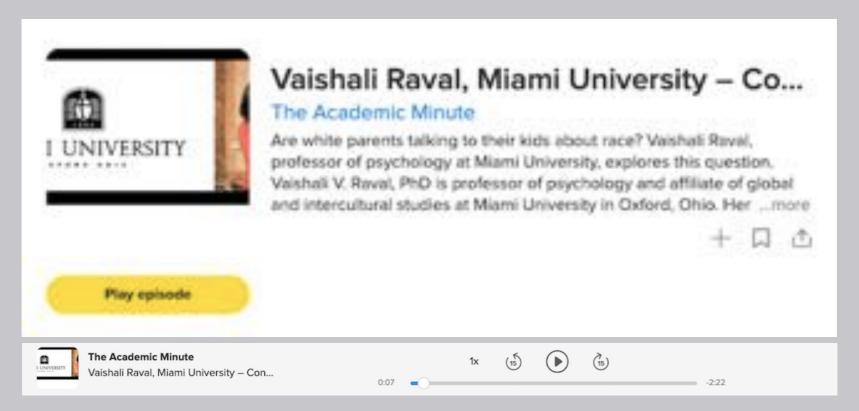




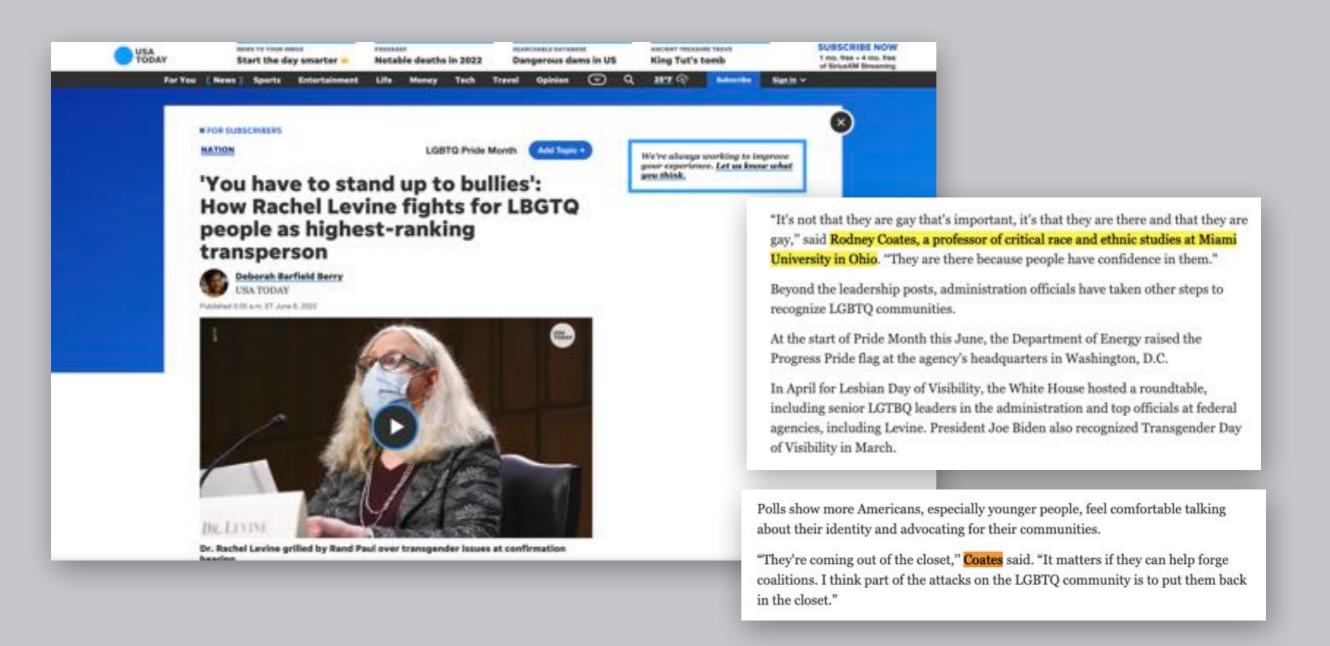


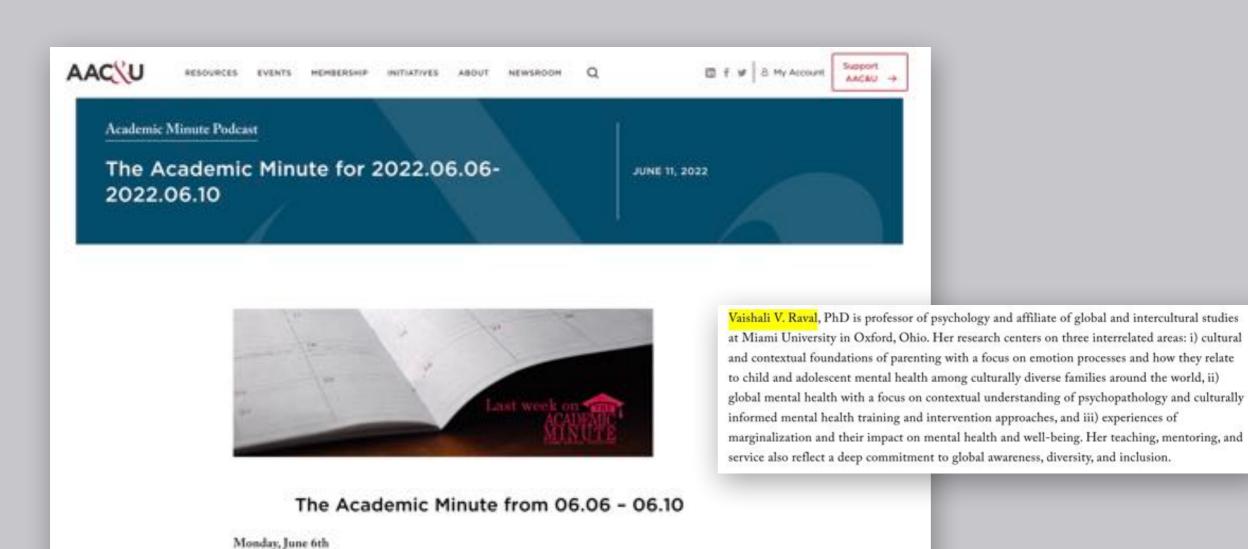






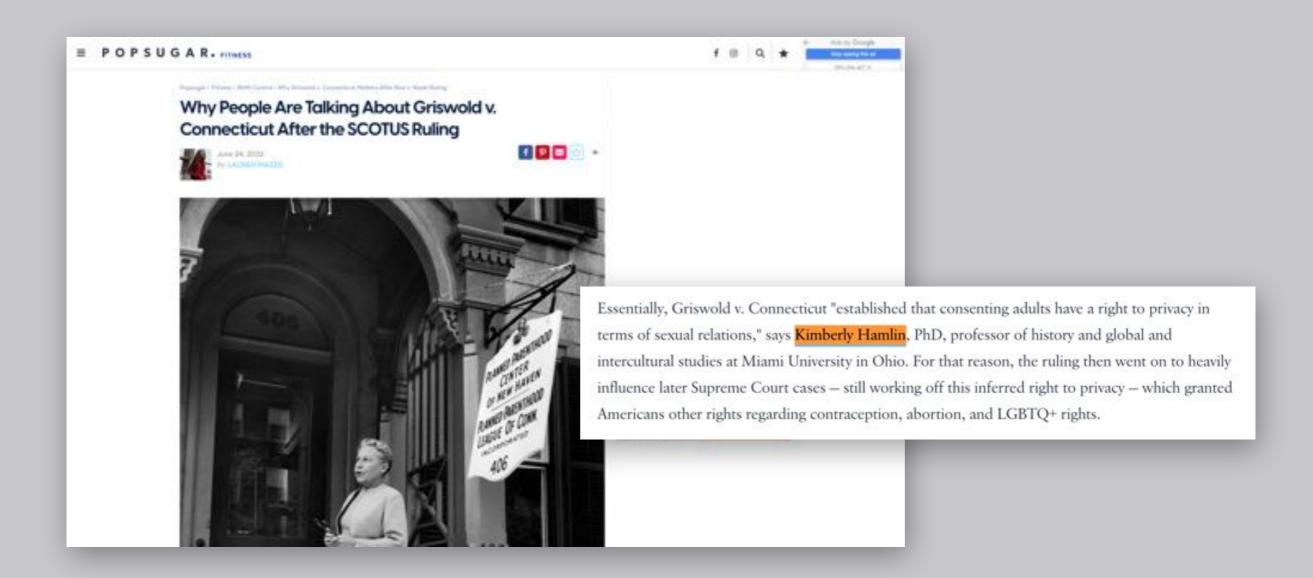


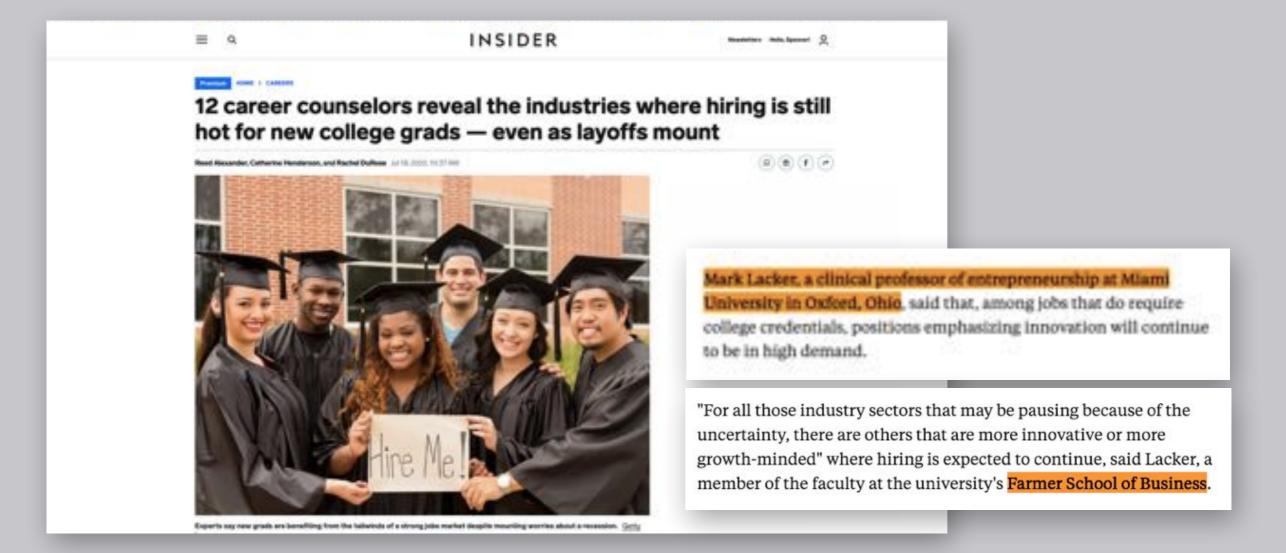


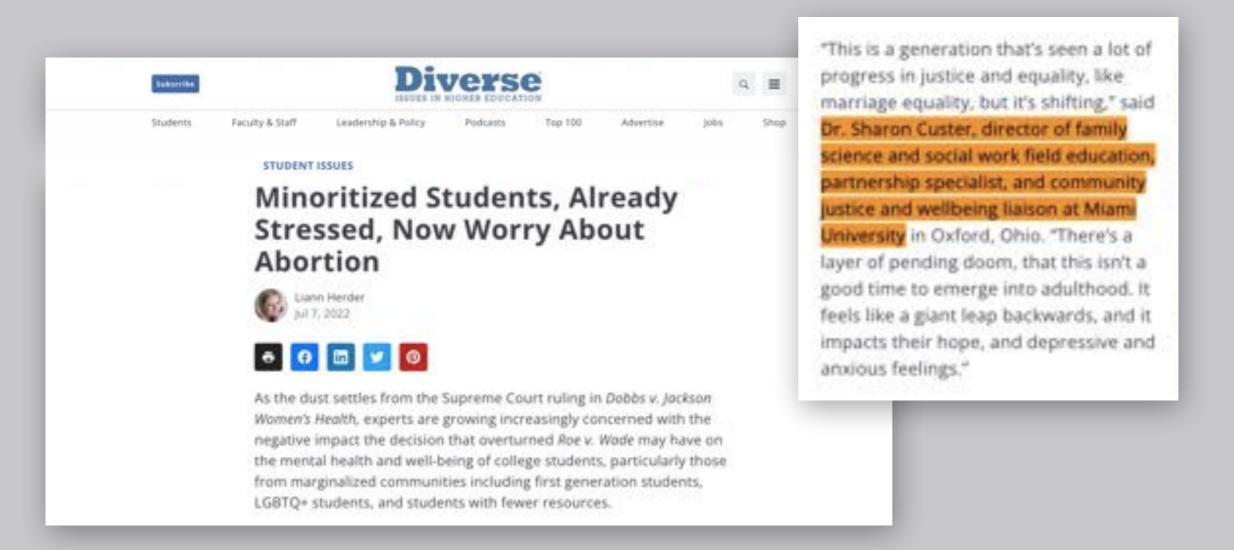


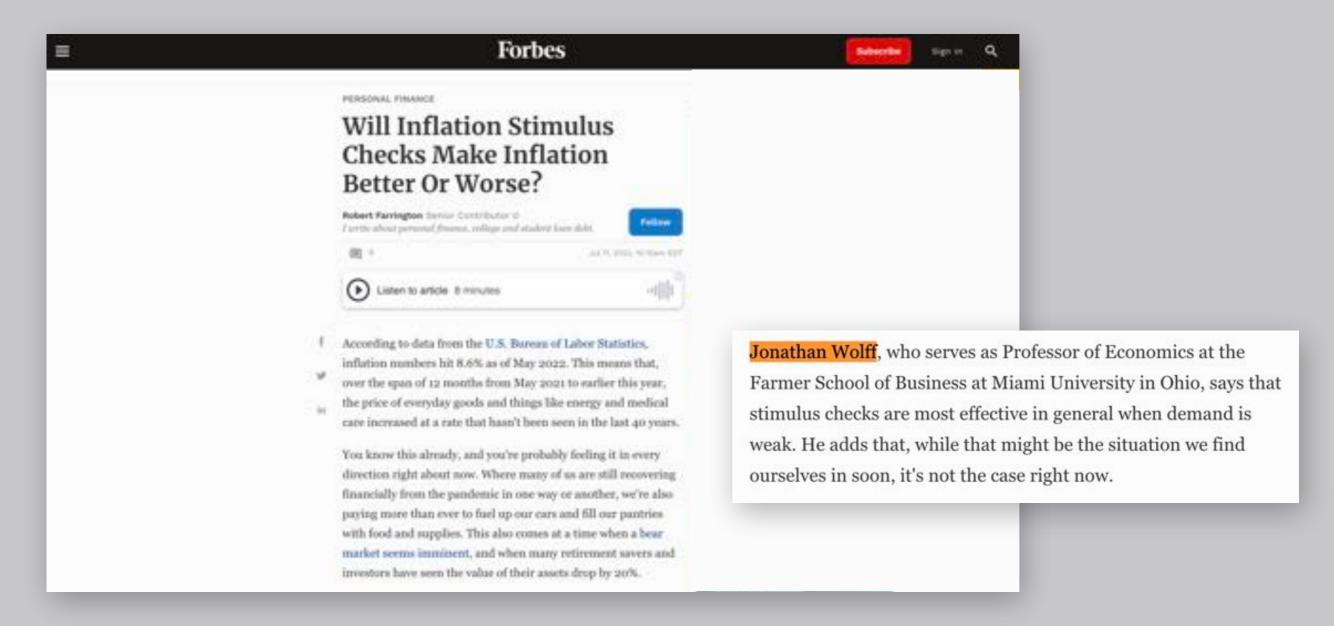
Vaisbali Raval - Miami University

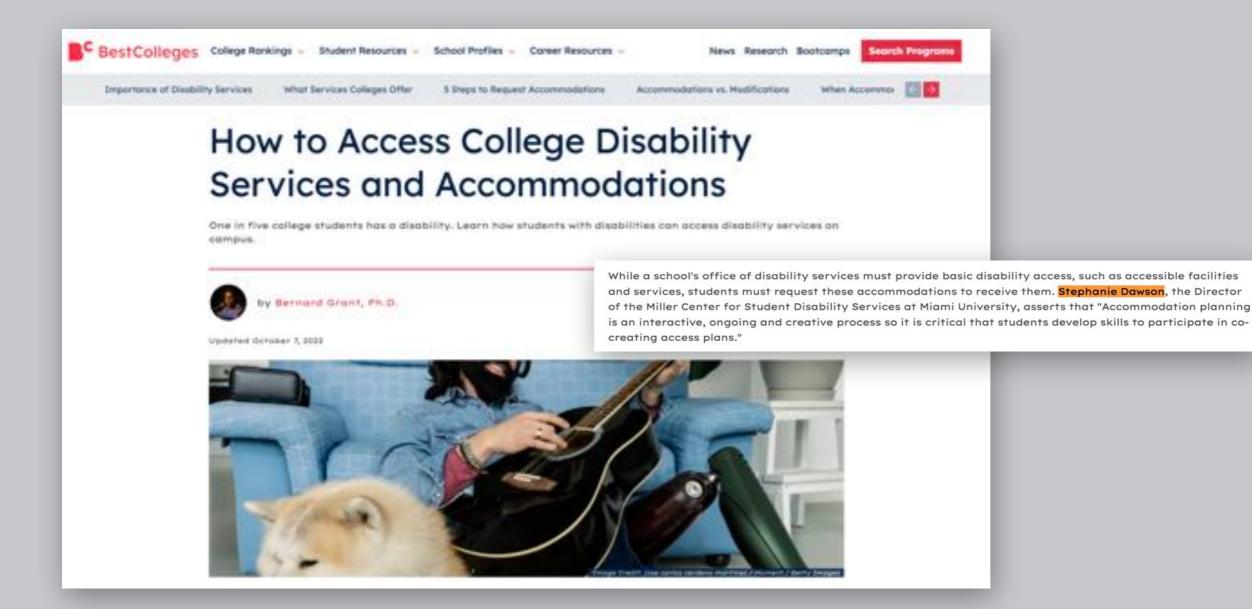
Conversations About Race









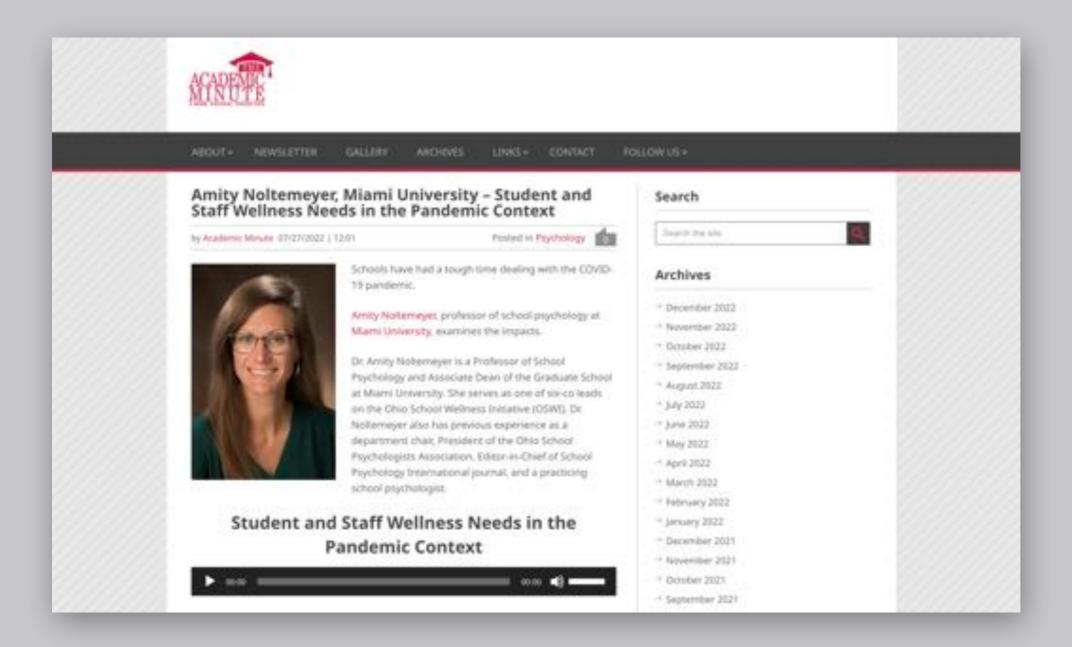




A new round of tax rebates can fill some of the financial hole left by inflation, but it doesn't strike at the core problem, Jonathan Wolff, a professor of economics at Miami University of Ohio's Farmer School of Business, told Forbes earlier in July. Governments should instead prioritize the supply side of the problem and try to boost production, he added.

offset the pain of high inflation.

. Red and blue states alike are sending out new stimulus checks to





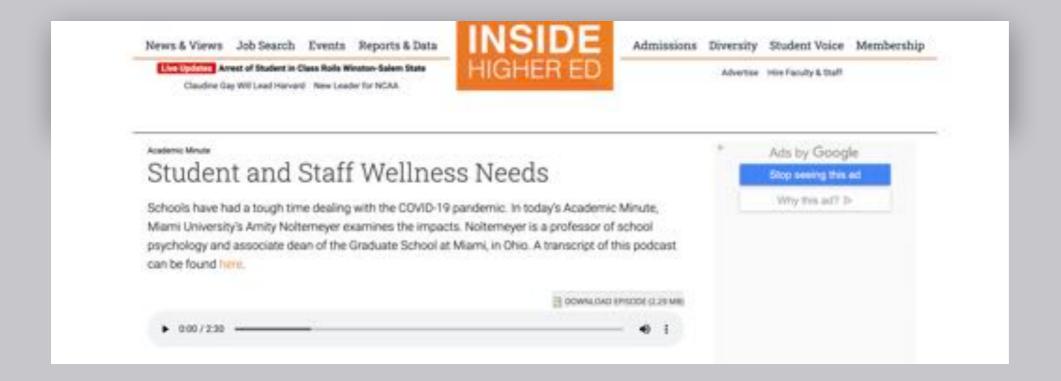
Amity Noltemeyer, Miami University – Student and Staff Wellness Needs in the Pandemic Context

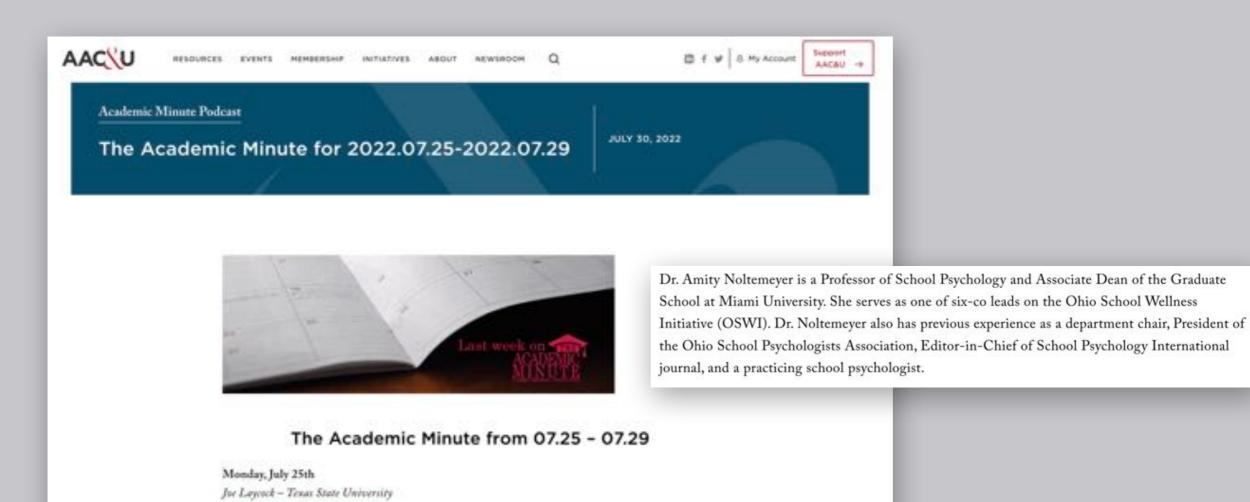
The Academic Minute

Education



Schools have had a tough time dealing with the COVID-19 pandemic. Amity Noltemeyer, professor of school psychology at Miami University, examines the impacts. Dr. Amity Noltemeyer is a Professor of School Psychology and Associate Dean of the Graduate School at Miami University. She serves as one of six-co leads on the Ohio School Wellness Initiative [...]

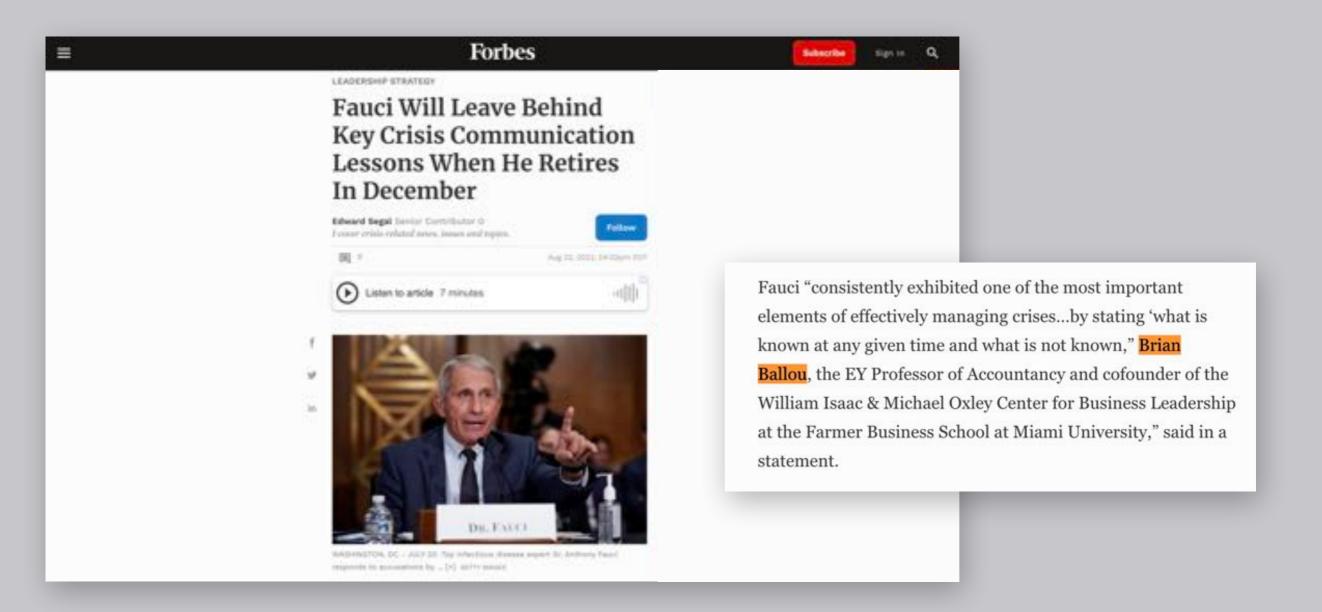


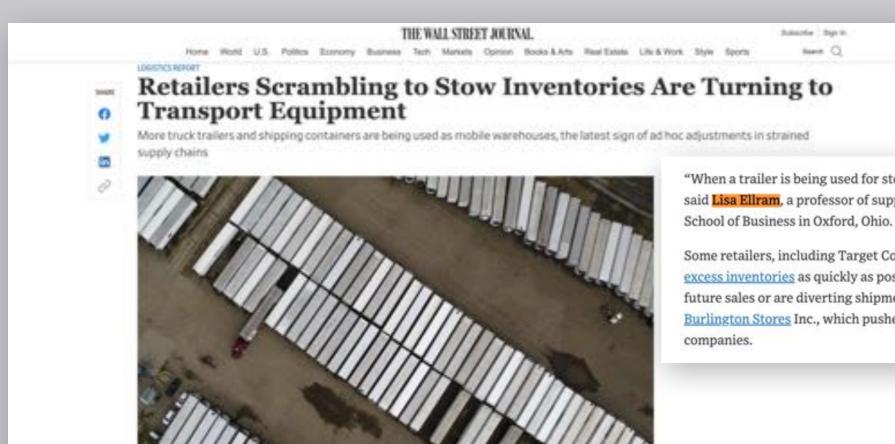


Joseph P. Laycock is the author of several books on religious history including The Penguin Book of

Why Experism Won't Go Away

Exorcisms.



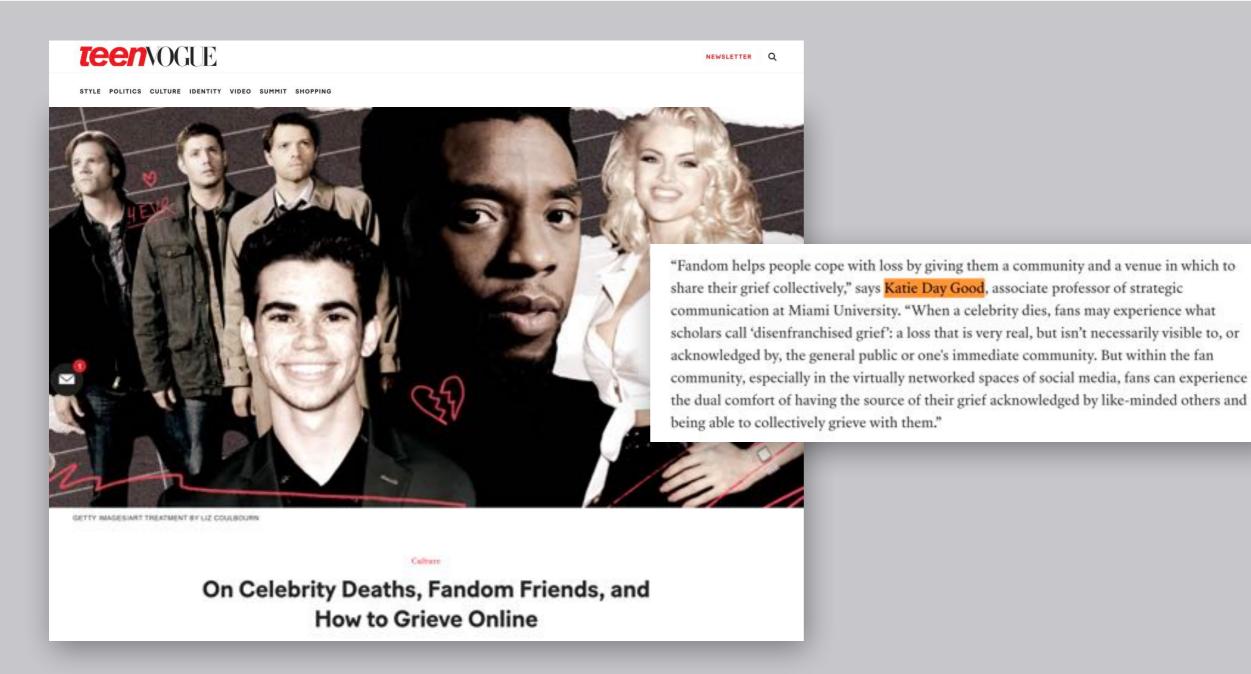


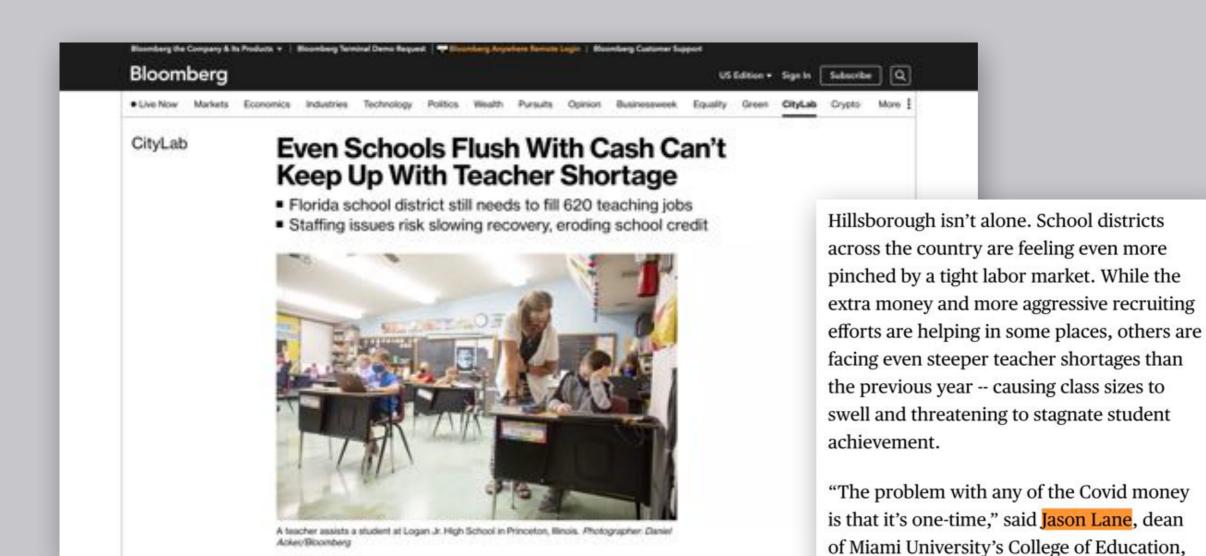
Retailers and manufacturers continue to reset distribution operations on the fly to keep supply chains running amid

"When a trailer is being used for storage, it can't be used for transporting other goods," said Lisa Ellram, a professor of supply chain management at the Miami University Farmer School of Business in Oxford, Ohio.

Some retailers, including Target Corp. and <u>Macy's</u> Inc., are cutting prices to <u>get rid of their excess inventories</u> as quickly as possible. Others are holding on to late-arriving goods for future sales or are diverting shipments to <u>off-price retailers</u> like <u>Ross Stores</u> Inc. and <u>Burlington Stores</u> Inc., which pushes the inventory-management issues off to other companies.

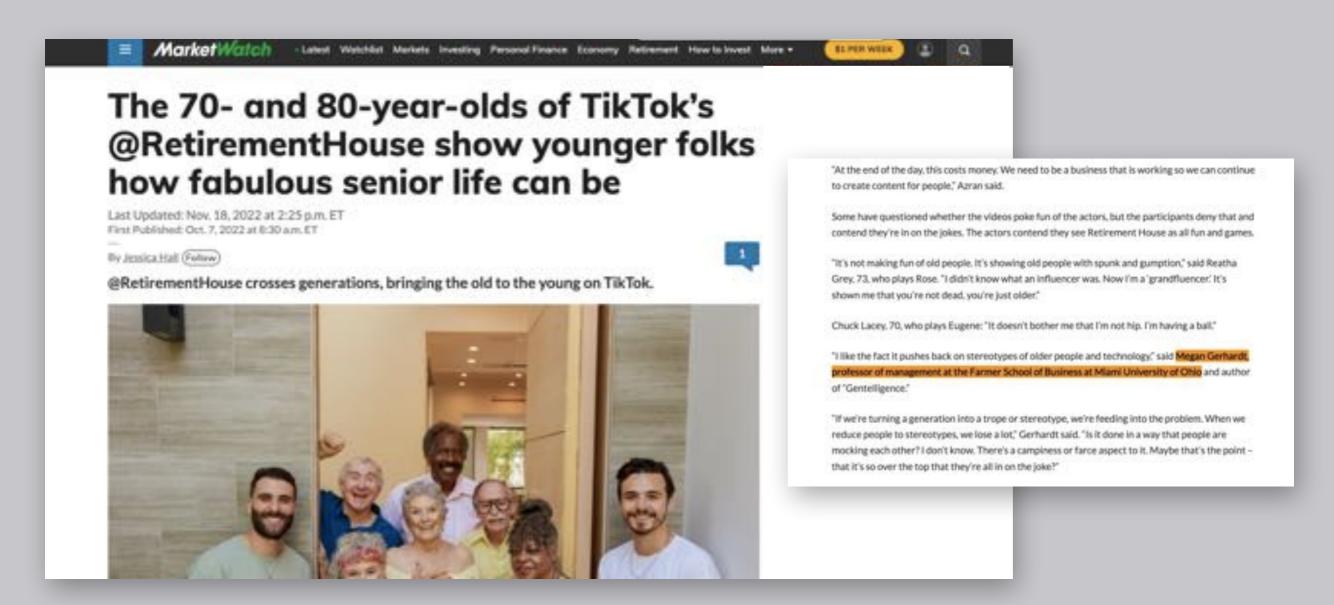
transportation network disruption and difficulties forecasting demand.





Health, and Society. "It's not clear how those

initiatives will sustain themselves."





When the federal government set up boarding schools in the 19th century to assimilate Native American children into American culture, one of the objectives was to get them to turn away from the use of their native languages. In recognition of Indigenous Peoples' Day in the U.S., The Conversation turned to Daryl Baldwin, a citizen of the Miami Tribe of Oklahoma who is a leader in Native American language and cultural revitalization and a member of the National Council on the Humanities, for insight into a tribal community's efforts working with a university to help bring languages back.

How were Indigenous languages lost?

Many actions throughout history put pressure on tribal communities to abandon the use of their languages. This included the forced assimilation that resulted from the Indian Civilization Act of 1819. This act established Indian boarding schools to teach subjects such as math and science while suppressing the use of Indigenous languages and cultures.



Pick-up in 34 outlets

PBS News Hour

Salon

Yahoo! News

Jacksonville Courier-Journal

The Houston Chronicle

Indiana News

Flipboard

Florida News

Tolerace.ca

Times Union (NY)

The Chronicle-Tribune (IN)

The Philadelphia Inquirer

Pennsylvania Capital Star

Ground News (Canada)

The Intelligencer (IL)

Alaska Beacon

My San Antonio

The Skanner News (OR)

Idaho Press

El Paso Inc.

Go Skagit

Midland Reporter-Telegram (TX)

Georgia News Time

Alva Review-Courier (OK)

Beaumont Enterprise

The Telegraph (IL)

Huron Daily Tribune

New Haven Register

Tucson Sentinel

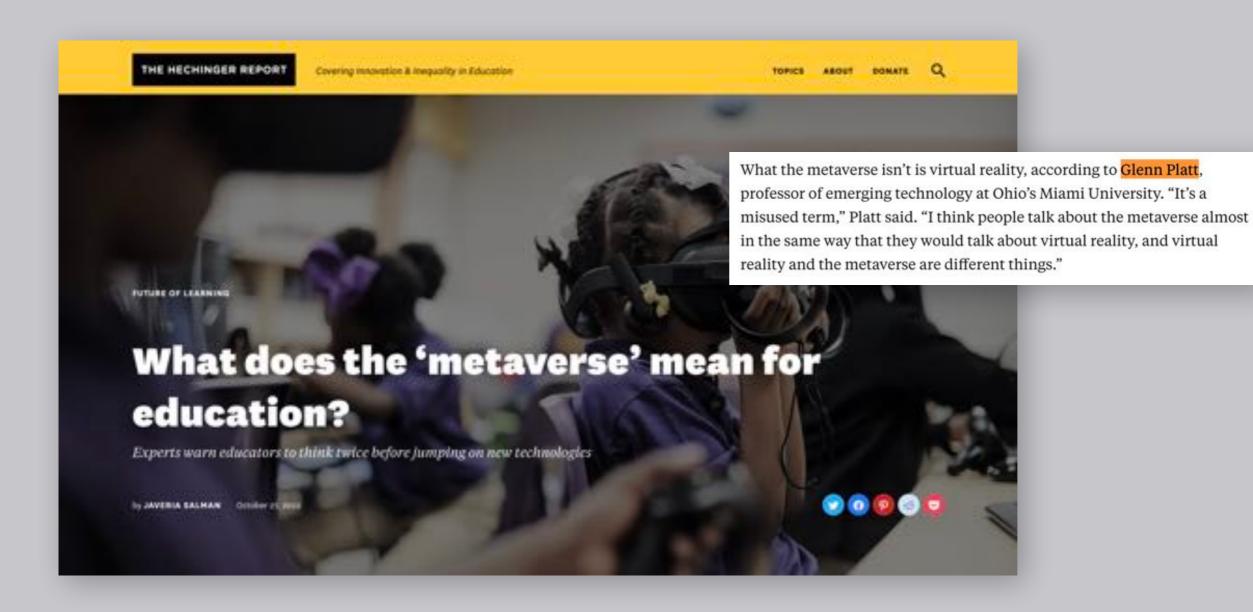
San Antonio Express-News

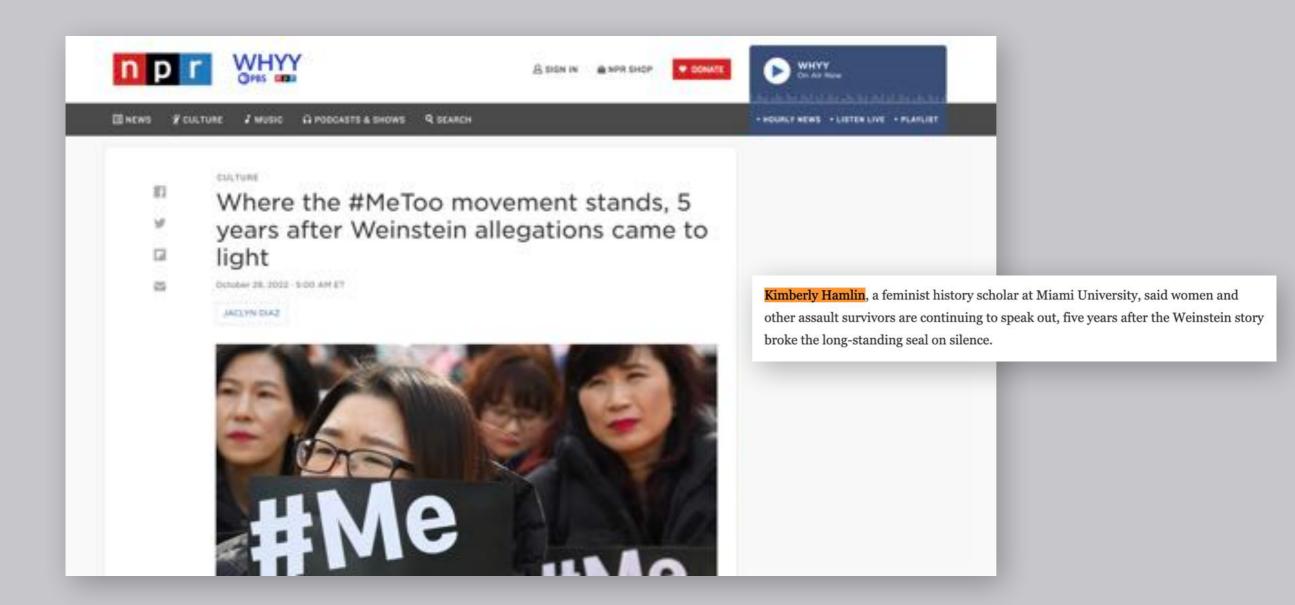
Seattle Pi

The Hour (CT)

The Greenwich Times

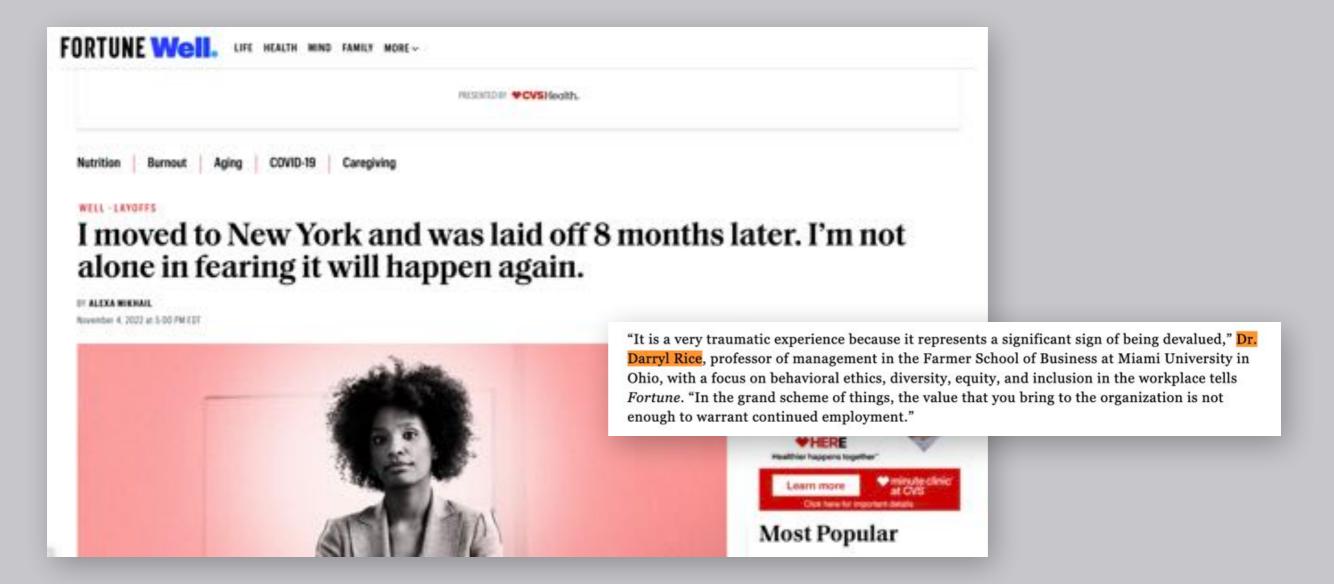
News from the States

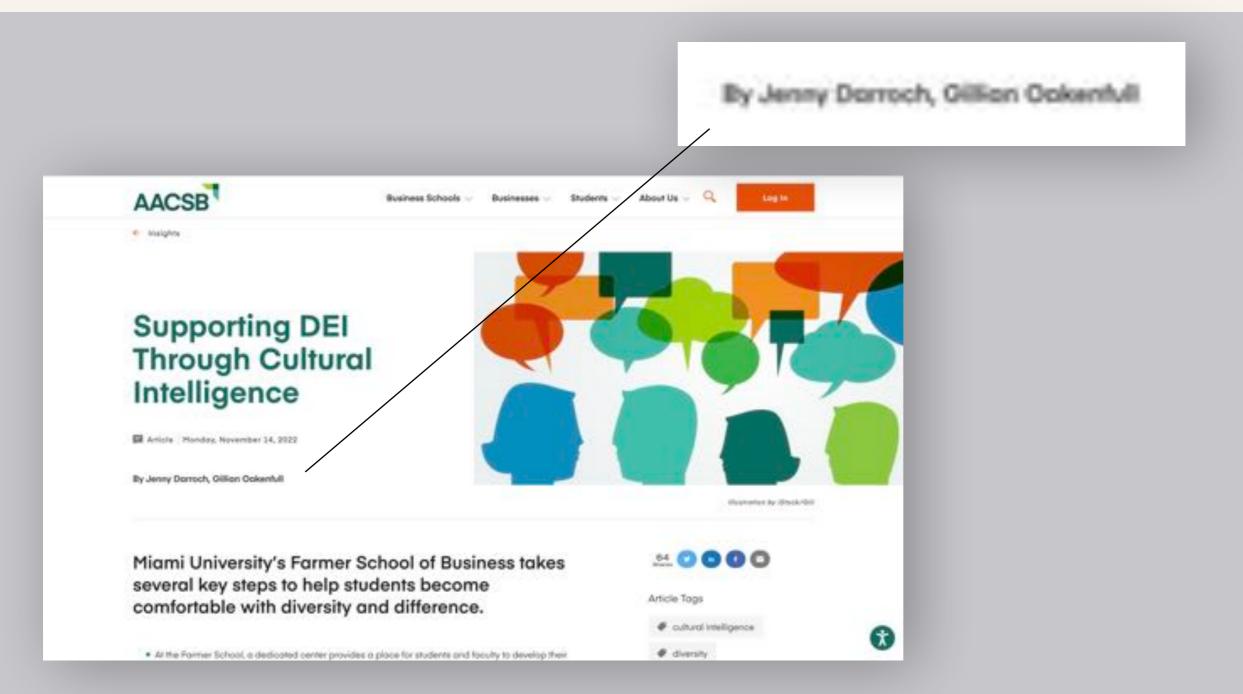


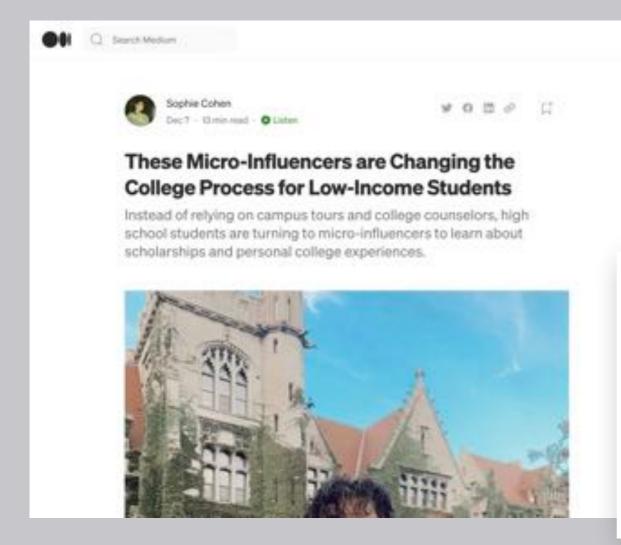




The potential for backlash from different directions has left some brands more afraid of making a misstep than of not engaging directly and consistently with the LGBT community, said Gillian Oakenfull, professor of marketing at Miami University's Farmer School of Business. "There is an assault on all sides, politically," she said.









For the majority of adults unfamiliar with TikTok as a resource beyond entertainment, it may seem hard to believe that influencers establish a bond so strong that high school students trust their advice from 30 to 60-second videos over a professional admissions officer. But Hongmei Li, a coordinator for the strategic communication program at Miami University, isn't the least bit surprised about this phenomenon. "When college reps host Zoom meetings or info-sessions there is an information overload rather than information quality and specificity," said Li. "Students use micro-influencers as shortcuts to gain trustworthy information from people they already look up or feel similar to."

PR results.

Quantitative Results 2.05^B

Total Audience Reach

Coverage In

73

Unique Press Outlets

102

Secured Media Placements

<u>33</u>

Faculty Experts Cited a Total of 103 Times

Forbes

THE WALL STREET JOURNAL.



FORTUNE





BUSINESS INSIDER







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Forbes

THE WALL STREET JOURNAL.



FORTUNE













BUSINESS INSIDER

verywell health





yahoo!





Executive Director, Myaamia Center
Acting Director, Cultural Ecology Office
(37 placements)



KIMBERLY HAMLIN

Associate Professor of History and Global and Intercultural Studies

(6 placements)



PHIL SMITH
Assistant Professor, Department of
Kinesiology, Nutrition and Health
(6 placements)



AMITY NOLTEMEYER
Professor & Associate Dean of the
Graduate School
(5 placements)



RODNEY COATES

Professor of Critical Race and Ethnic Studies,
Global and Intercultural Studies
(5 placements)



VAISHALI RAVAL
Associate Professor of Psychology
(4 placements)



SCOTT DUST

Associate Professor of Management
(4 placements)



JASON LANE

Dean of the College of Education,

Health and Society

(2 placements)



KARA STRASS
Director of Miami Tribe Relations
(2 placements)



KATIE DAY GOOD

Assistant Professor of Strategic
Communication
(1 placement)



GLENN PLATT

Department Chair and Professor of Interactive Media Studies & Marketing; Director of Digital Innovation Centers

(1 placement)



BEENA SUKUMARAN

Professor and Dean, College of
Engineering and Computing
(1 placement)



ADAM BIESSEL
Assistant Professor and Director
of Undergraduate Studies
(1 placement)



AUSTIN SMITH
Assistant Professor,
Economics
(1 placement)



CRISTINA ALCALDE
Vice President for Institutional
Diversity & Inclusion
(1 placement)



DEB ROBISON

Director, Outreach and Collaboration,
Center for School-Based Prevention and
Early Intervention
(1 placement)



HANNAH CHAPMAN
Assistant Professor of Political Science
(1 placement)



MATTHEW MCMURRAY
Assistant Professor, Psychology
(1 placement)



PHILLIP ARCENEAUX

Assistant Professor of

Strategic Communication

(1 placement)



SHARON CUSTER
Assistant Research Scientist
(1 placement)



STEPHANIE DAWSON

Director, Miller Center of Student
Disability Services
(1 placement)



HONGMEI LI
Associate Professor & Coordinator
of Strategic Communication
(1 placement)



MEGAN GERHARDT

Professor & William Isaac and Michael Oxley Center for Business Leadership, Co-Director & Director of Leadership Development (4 placements)



GILLIAN OAKENFULL

Professor & Faculty Director of Diversity and Inclusion (3 placements)



JOHN BOWBLIS

Professor & Research Fellow of the Scripps
Gerontology Center
(1 placement)



MICHELE FRANK

Associate Professor (1 placement)



HENRY JIN

Associate Professor (3 placements)



MARK LACKER

John W. Altman Clinical Professor of Entrepreneurship & Assistant Clinical Lecturer (1 placement)



JONATHAN WOLFF

Associate Professor and Department of Economics Graduate Director (2 placements)



BRIAN BALLOU

EY Professor of Accounting and Miami MBA Faculty Director (1 placement)



LISA ELLRAM

University Distinguished Professor and James Evans Rees Distinguished Professor of Supply Chain Management & Professor (2 placements)



DARRYL RICE

Assistant Professor (1 placement)



JENNY DARROCH

Dean and Mitchell P. Rales Chair in Business Leadership & Professor (1 placement) **Native American** Language Preservation

Unhealthy Drinking Habits

Ohio School Wellness Initiative

Return-To-Office Plans



HOW TO Talk About Race

REPRODUCTIVE RIGHTS



Work **Burnout**

Metaverse

Twitter Layoffs

Ethnic Studies



VACCINE

MANDATES

Zoom **Fatigue**

DAY of **REFLECTION**



Supply Chain Shortages

Future of Work

Black History Month

PANDEMIC

Corporate Activism



Student Disability

Services

Internship Trends

LGBTQ+





Inflation Stimulus Checks





FREEDOM

FILM FESTIVAL

Roe v. Wade

Fandom Grief



Cultural Intelligence





Teacher Shortage

Shipping Container Shortages