

GOT COVID-19 FATIGUE?



For the most part, people have been really good about following government and CDC recommendations—stay indoors, wear face masks, maintain a six-foot distance—but in recent weeks experts have noticed a disturbing regression dubbed "quarantine fatigue," in which people, regardless of what their local government says, have been slipping back into pre-pandemic social habits.

Quarantine fatigue stems from the emotional exhaustion the pandemic has placed on our lives. We are exhausted from the sheltering in place rules. We feel closed in. We're bored. We're broke. This pandemic has elevated the notion of powerlessness and uncertainty to a level we've never before experienced.

Quarantine fatigue is a completely reasonable response in the context to so much change and uncertainty overnight. The COVID-19 crisis has transformed so many aspects of our lives in a short time. We need to acknowledge it as normal and forgive ourselves and each other when it hinders our ability to cope. But how can we continue to cope, even when it starts feeling harder and harder to stay inside? Here are some tips for dealing with COVID-19 fatigue:

Keep your distance Social-distancing right now is the best possible situation for long-term public health.

Try to live one day at a time Think of your time inside in terms of days rather than weeks can make it feel more manageable. Articulate 2 goals that you want to accomplish that day and do them.

Keep a journal Write your thoughts down every day. You'll hopefully be able to stop the chaos. You'll regain a sense of agency and power.

Make new friends Just because you are social distancing, doesn't mean you can't make new friends or develop relationships.

Think about your life plan There is no better time to reevaluate your life goals. Pick a goal in each area: personal and professional. Think about things you weren't happy with, pre-pandemic, and make a vow to switch up that way of thinking.

Keep using technology to your advantage Technology cannot replace human contact, but it is can be a robust tool to use to stay connected with each other.

Focus on surviving, not thriving right now If you are emotionally exhausted from physical distancing, then relax your self-expectations in other areas of your life like diet and exercise habits, work productivity, or parenting choices. We're all human, and we're all doing the best we can.

Try to get some exercise Exercise is a great way to relieve stress right now, in addition to supporting your immune system and your mental health.

Keep yourself mentally stimulated Keeping your mind active can boost your mental health. Try movies, board games or learning a new language.

Still feeling wiped out, exhausted? The COVID COUNSELING hotline (800) 801-4182 is FREE and available 24/7. Counselors are here to help. **Sessions are available via telehealth and are completely confidential.**