



The CMHA Well-Being Learning Centre

COVID –Fatigue

COVID-Fatigue, COVID-Weary, COVID-Tired, Pandemic Stress...are a few terms to describe what some of us are feeling right now, as we are overwhelmed and exhausted from the information related to COVID-19 and all of the precautions that come along with it.

WHAT IS COVID-FATIGUE?

- Collective feeling of burnout or constant exhaustion
- Restlessness and tendency to get irritable
- Having difficulty concentrating
- Withdrawing from all opportunities to socialize including online or by telephone
- Neglecting self-care like sleeping, eating and personal hygiene
- Feeling keyed up, frustrated or annoyed whenever the subject comes up
- Not following precautions for safety and health in relation to COVID-19

HOW TO RESPOND TO COVID-FATIGUE:

- Take breaks from the news and media including social media, get enough information so you know what you need to know but know your own limit
- Get exercise daily and move around as much as possible to create endorphins and to keep your body and mind healthy
- Stay hydrated and drink plenty of water
- Have fun, laugh and enjoy yourself whenever you can
- Maintain good nutrition and eat regularly and have treats in moderation
- Maintain a sleep routine and find time to relax and unwind every day
- Acknowledge your feelings and give yourself permission to feel anxious and stressed out, these are normal emotions to experience during uncertain times
- Stay in contact with others and confide how you are feeling in someone you trust, seek support and provide support to those you care for
- Keep up getting your Vitamin D; get fresh air and sunlight as often as possible
- Focus on activities that you enjoy and also try to learn a new skill, distractions can be fun, relaxing and re-energizing
- Try to socialize in creative ways such as an online book club or a video conference with friends and family, or mailing a card or a letter for old fashioned communication
- Use a journal to vent your frustrations and record your feelings and experiences
- Be gentle with yourself and others
- Turn your COVID precautions into habits and incorporate them into your daily routine
- Remind yourself that this is a temporary situation and the future is positive

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