

## COVID Fatigue

What is it? If you have been feeling a little more drained than usual during lockdown and post-lockdown, you may well be experiencing COVID Fatigue.

For a many of us, lockdown life has been an interesting, challenging and sometimes stressful experience. Whilst some have seen this situation as a positive and a 'blessing in disguise' or a time of reflection and improvement, we know it's not that simple once you factor in work, family and personal obligations. Some of us haven't enjoyed lockdown. We're exhausted, cranky, worried and we've been consumed by a great deal of uncertainty and worry.

If you've felt any of these, you're most likely feeling the effects of COVID Fatigue:

- Irritable
- Stressed
- Anxious
- Eating more
- Eating less
- Unable to sleep
- Feeling lethargic or sleeping too much
- Unmotivated or less productive
- Having racing thoughts
- Or just on edge in general

There are many factors which impacted our mood and wellbeing during lockdown, some of these have been directly impacted by the virus, or information overload by consuming too much information, or watching too much news. This can be overwhelming and part of the fatigue is the uncertainty, unpredictability and the unknowns in all of this.

It is important that we take charge and take steps to boost our emotional and physical wellbeing. Some ways to do this could be to try Yoga, meditation, reading, taking baths, getting out into nature or even watching funny movies are all great ways to relax your mind. Staying connected with people in our lives is important also, whilst maintaining social distancing. Sometimes it may be useful to consider how we can change our approach or perspective in situations.

Focus on the future in more positive ways – A routine may help. Think about tasks, chores and responsibilities that you have today. Wear a face mask in public places. Wash your hands. Practice good self-care (sleep, healthy food, physical activity, stress relief).

Try not to focus on the negatives – Worrying about getting the virus or how sick you might get is far from helpful. Allowing the mind to spin into “what if...” thoughts without solutions can lead you into high anxiety.

If you are concerned about something, try to come up with possible solutions – If you’re worried about getting the virus from someone in an enclosed public space – wear a mask, wash your hands and practice social distancing.

If a concern is beyond your control, it is important to recognise that you can’t do anything to change the outcome. Work on letting it go and try to focus on the controllable things in life, like our own self-care, our routine and positive thoughts about the future.

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

We will be discussing this content and expanding more on our supporting webinar on Tuesday 28<sup>th</sup> July at 12pm. You can register for the webinar by clicking this link –

<https://attendee.gotowebinar.com/register/5222503618988124428>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.