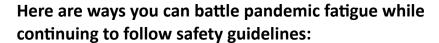# HOW TO BEAT PANDEMIC FATIGUE

What is Pandemic Fatigue?

Pandemic fatigue is a feeling of restlessness you may experience after months of changes brought on by COVID-19. Wrestling every day with intense emotions like fear, anxiety, loneliness, and hopelessness drains your energy. The urge to revert to old habits and your "normal" way of life to cope with these emotions could make you less likely to adhere to safety guidelines, which can increase the risk of spreading the disease and prolonging the pandemic.

You are not alone!

According to the Centers for Disease Control and Prevention, 40 percent of American adults reported problems with anxiety, depression or substance misuse in late June. These mental health effects are linked to being in a chronically stressful situation, especially for people whose lives have been severely disrupted by illness, financial stress or essential work.

Don't hesitate to reach out to your healthcare provider or Employee Assistance Program for support!

Here are ways you can battle pandemic fatigue while continuing to follow safety guidelines:

Take care of your body. Get quality sleep and 7-9 hours each night, maintain a nutritious diet and exercise regularly. These habits will lift your mood and strengthen your immune system.

Talking. We are social creatures by nature. Being isolated or alone can add to your stress and frustration. Make phone calls, arrange video meetings, engage through social media, or write letters. It is crucial to stay physically distant but you can still find ways to communicate!

Limit your news intake. Stay up to date on the latest information but too much negativity may drain your energy.

Try new recipes. You've likely already mastered the pandemic sourdough or banana bread, so roll up your sleeves and whip up something else. This is a good time to prepare healthier meals and use this as a fun daily activity for you and your family.

Accept your feelings. Ignoring your feelings does not make them go away. Allow yourself to have them and refocus your mind and energy on things you can do to feel better. Working on your mental health is just as important as your physical health.

Practice Mindfulness. Mindful activities can help lower your stress levels and improve your mood. Be in the moment and focus on your breathing while taking everything day by day.

Source: CDC, UCLA Health

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