

## COPING WITH COVID-19

### Fighting Pandemic Fatigue

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*“The strongest have their moments of fatigue.”*

— Friedrich Nietzsche

With restrictions due to COVID-19 stretching months past expected, many people are struggling. It can be hard to maintain a long term change and deny ourselves things we enjoy. If you are starting to feel resentful or sluggish, the tips below may help.

#### **Remember why you’re doing it.**

While the changes in habit may not be fun, it may help to focus on the reason for the new behavior. Most people are able to suffer a little inconvenience to keep other people safe. Wearing masks in public, staying 6 ft. away from those not in your household, and minimizing contact with others helps to reduce the spread of the virus. You may be healthy; but these steps protect your grandparents, your aunts and uncles, even your neighbors. Since even people who don’t have symptoms can spread the disease, it’s important to take precautions every time you go out of the house. The steps communities are taking will

When you get to the end of your rope, tie a knot and hang on.  
– Franklin D. Roosevelt



help to end the pandemic more quickly, so we can go back to normal.

#### **Try something new.**

Change things up. Whether you want to be home more or not, what will you do with that time? We may have restrictions for another 3 months, 6 months or a year. Set some goals for what you want to get done during this pause. It could be personal development, relationship building, learning something new, or a building project. Focusing on that accomplishment will help the time pass more quickly. If you are feeling unmotivated to do ANYthing, take little steps. Find something small that you can do quickly. Finishing something helps you gain momentum to keep going. Make a list of things you need to get done. Checking things off can be rewarding enough to keep you moving. Split the items up and do a few things each day. Build in some rewards and breaks when you finish what you have to get done.



### Shift how you see things.

This is a unique time and a unique situation. If you enjoy writing, keep a journal about the experience. You may enjoy reading it years from now or you can share it with younger relatives. If a regular journal seems too overwhelming, write a letter to your future self or future

relatives. Not much of a writer at all? Create and save some videos to yourself or future generations. Talk about your experiences and how you got through it. How you see events looking back is different than how you see them while going through it. Rereading or rewatching your thoughts on tough days may even help in the present time.

### Coping with Zoom Fatigue.

Whether it's Zoom, Hangouts, Teams, GoToMeeting, or another platform, most people are engaging with others online more than ever. This can cause burnout with attending meetings. If you can, schedule breaks between meetings. If you don't have to



take notes during the meeting, stand up and stretch or walk while you listen. Exercise makes you mentally more alert and keeps your body from getting sore sitting in one place. Change up places to be while you join the meeting. Sitting outside or in a different room can make the meeting feel less repetitive, even if it's your third one for the day.

### Remember it won't be forever.

Scientists in many countries are working very hard on treatments and vaccines. We may have to adapt to some short term and some long term changes; but we will go back to more of a normal daily life. Feelings of disappointment, tiredness, and frustration are perfectly normal. It is also expected that some days will be easier and some days will be more difficult. However, if you start feeling like there are no easy days and you have difficulty getting out of bed or finding any enjoyment, please seek help. Reach out to your support network or find a mental health professional. Most insurance companies are covering telehealth services now. The links in the box below can help connect you with people that can help.

It always seems impossible until it's done.  
- Nelson Mandela

### FINAL THOUGHTS

Living under stress and tired of feeling restricted can take a toll. Don't lose sight or lose ground we have gained. Keep taking care of yourself and others in the community. Reach out for help if it starts to feel like too much.



For General Health Information: [cdc.gov](https://www.cdc.gov)  
TN COVID-19 Information: <https://www.tn.gov/health/cedep/ncov.html>  
TN Mental Health Hotline: 1-855-274-7471  
TN Addiction and Recovery Hotline: 1-800-889-9789

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