
BABY STEPS TO HEALTH



Pandemic Fatigue

When we first heard that a new deadly virus was spreading around the world, we went on high alert. We stocked up. We isolated ourselves at home. Sure, that was tough. But, it was new, so we found ways to cope. But now many of us have had enough. If you are sick and tired of worrying about COVID-19, you're probably suffering from pandemic fatigue, and you are not alone. -uhealth.com

Pandemic fatigue can occur when people get tired of the pandemic measures and become less likely to follow public health practices or simply begin to drown out those messages. -www.wdgpUBLICHEALTH.ca

Pandemic fatigue is an EXPECTED and NATURAL response to a prolonged public health crisis. It includes the following:

- ❖ Increased belief that the threat of death is not serious
- ❖ Increased belief that the loss of social activities (lockdowns, restrictions) is too great
- ❖ Decreased likelihood to take safety precautions
-world health org



National data from the Census Bureau's **Household Pulse Survey** show that the health crisis is causing a parallel mental health pandemic. About 35-to-40% of people are regularly reporting that they are **experiencing symptoms of anxiety and depression** as they deal with the pandemic. That's up from a baseline that's closer to 25% before the start of the pandemic.

-UHealth

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Anxiety, depression and fatigue grow out of uncertainty about the safety of loved ones and the loss of some fun and stress relieving activities. Consider adopting the following habits to cope with pandemic fatigue and to regain the strength needed to continue to engage in life saving practices (i.e. wearing masks, washing hands, and maintaining social distance practices).

Be aware of Pandemic Fatigue

To help care for yourself and those around you:

Reach out

Take a break

Keep connecting

Exercise



ACT
Government

ACT Health

www.health.act.gov.au/helpisavailable

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1. Reflect and Accept. Reflect on how you are feeling and accept that you may be feeling moody and tired.

2. Breathe and Meditate. Spend time daily slowing down your breathing as well as meditating/praying daily.

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” -Isaiah 26:3

3. Monitor your social media. Watching anxiety provoking news or entertainment increases stress. Deliberately limit screen time and watch calming programs when feelings of anxiety are high.

4. Be active. Routine exercise, like walking outside with nature, is a proven method of reducing anxiety, depression and fatigue.

5. Restore and replenish your energy. Deliberately complete tasks that restore energy daily (i.e. taking a bath, reading a calming book, etc).

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6. Gain 6-8 hours of sleep. Restful sleep is essential to mental health. Consider these tips for a better night's sleep.

RULES OF HEALTHY SLEEP

No alcohol

Easy reading

No hard trainings

Relax before bedtime

Less coffee, more tea

Keep a consistent sleep schedule

No overeating

No electronics

Turn off the light

Airing of the room

-hprc-online.org

~ This Baby Steps edition was compiled by Robinson Kyles Counseling and Testing Services. Please give us a call to serve your mental health needs. We accept most insurances and offer sliding scale fees.

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