

Building Resilience: One Step at a Time

COVID Fatigue: Facing the Unknown

What is causing this so called 'COVID Fatigue'?

- Stress and exhaustion from worrying about the virus
- Uncertainty about our personal futures and the course of the virus
- Overwhelming amounts of information, both true and false
- Too much time on technology
- Feeling a sense of loss

Health care providers have reported that this exhaustion and stress they are experiencing is causing them to engage in risky behaviors, further spreading the virus.

Tips for managing COVID fatigue

- Foster a sense of radical acceptance: making peace with the unwanted
 - Foster gratitude
 - Focus on patience and on the present moment
- Sharpen your own lens to focus on seeing hope
- Reach out and find connections with friends and family members
- Discover new or rediscover old hobbies that excite you
- Work to improve sleep schedule and quality and be able to recognize when you are too tired to work safely

Tips for today – Even if it is for a brief moment, find time to do something non-COVID and non-work related

- Find time to take breaks from technology
- Limit time on social media and use your phone to set time limits for certain apps
- Get outside and move your body
- Stay hydrated and nourished
- Take moments to slow down and breathe

Today I will do this to address COVID fatigue: _____

Additional resources

- [UW health article about managing COVID fatigue](#)
- [CDC tips for better sleep quality](#)
- [CBS news video about the impacts of impatience during this time](#)