



COVID FATIGUE

DR. FONTAINE TIMMER

COVID FATIGUE

DEFINITION:

Is a mental and emotional state induced due to increased stress of pandemic.

As the numbers of victims increases, our ability to develop empathy fades and we are no longer able to feel full impact. Our neurons in the brain fire when something changes, but they stop after a while. Our brain operates by the passing of signals from one brain cell or neuron, to the next.

Tired of COVID, stuck indoors, being careful, being scared, not able to visit family and friends, lack of socialization, normal routines, things we enjoyed, outings and now forced to doing the Holidays differently.

HELPFUL TIPS

Consume less alcohol

Find ways to reduce stress, exercise, yoga, meditation and breathing exercises.

If your routine is off, create a new one.

Focus on immediate future versus longer term outlook

Incorporate goals of enjoyment and make them part of your routine

Plan a virtual gathering for the Holidays (be creative and proactive with plans)



EMOTIONAL FITNESS



Incorporate goals of enjoyment and make them part of your routine

Make a list of things that you are grateful for or to track your mood (Journal)

Stay connected with love ones via telephone calls and video chat (make an effort)

Seek humor “Laughter is good for all of us”

Seek professional help if needed for depression and anxiety

Take breaks from TV, conversations and news – credible sources

ANXIETY SYMPTOMS VERSUS COVID

According to CDC anxiety and depression has increased.

COVID shortness of breath gets worse when you exert yourself.

Panic attack you can force yourself to breathe even if it feels impossible for a bit.

Anxiety or panic attack (Drink water take little sips- can regulate your breathing)

Paper bag- cover mouth and nose and breathe into and out of bag to calm your body.

Guided Imagery: Apps to assist you. Ten minutes is beneficial (visualization)

Deep breaths and or Full body relaxation exercise (Squeeze muscles for a count of 5 then relax)

Always seek medical help when needed or if symptoms persist!!!!

Please go to www.cdc.gov for resources and inspirational tips