



# Pandemic Fatigue

While we can all experience pandemic fatigue in different ways, it is possible to counter its effects. Look out for some of these signs in yourself and those around you and take practical steps to be kind to yourself, stay connected, check in with each other, and seek professional support when needed.

Some of the feelings and behaviours you, or someone you know may be experiencing include:

- Tiredness
- Frustration
- Low in energy
- Restlessness
- Irritability
- Hopelessness
- Difficulty looking forward to tomorrow
- Dread
- Not wanting to be with others
- Increased use of alcohol or other substances
- Lack of enthusiasm for things you would normally enjoy

Some of the most effective ways to overcome these feelings include:

- Identify and practice self-care strategies that work for you 
- Keep kids communicating  
Let children know it is ok to be worried, and talk it out 
- Get sweaty  
Exercise is great for mental health 
- Reach out  
To those who may not have connections 
- Follow facts  
from trusted sources 
- Take a break  
Do the things you've been putting off for a rainy day 

If at any time you feel overwhelmed by any feelings, it is important that you talk to someone you trust. A GP, family member or friend, or make contact with any of the services (available 24/7) below:

EAP - 1300 667 197 Peer Support Officers Chaplains

**Coronavirus Mental Wellbeing Support Services: 1800 512 348**

**Lifeline: 13 11 14**

**Kids Helpline: 1800 551 800**

**[www.headtohealth.gov.au](http://www.headtohealth.gov.au)**