



LET'S TALK ABOUT OUR EXPERIENCES WITH PANDEMIC FATIGUE & BURNOUT

With Barbara Frampton

Tuesday, December 15, 2020

Video recording link:
<https://vimeo.com/491471232>

WEBINAR OBJECTIVES

An informative and supportive webinar which will identify:

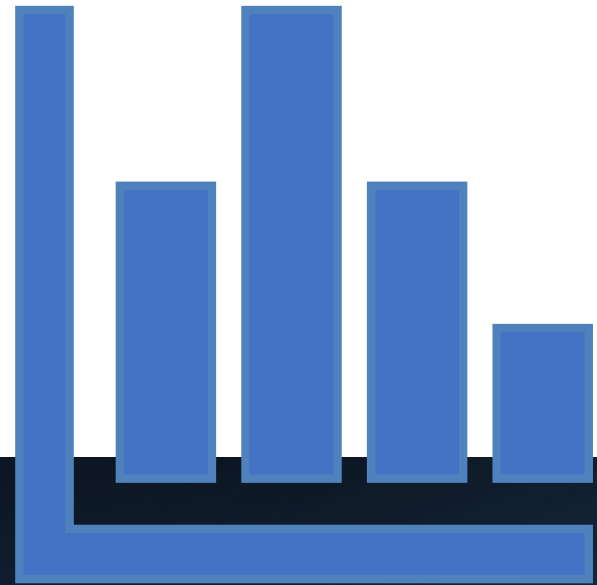
- Pandemic Fatigue
- Pandemic Burnout
- Why it's Serious
- Supporting Ourselves
- Supporting Others
- Strategies to Combat it



**HAS LIVING UNDER THE THREAT OF
COVID-19 BEGUN TO WEAR YOU DOWN?**

How is it affecting you?

Poll 1



WHAT IS PANDEMIC FATIGUE?

Pandemic fatigue is not a medical condition but is a term used to describe the natural response people feel to the prolonged uncertainty and disruption caused by a pandemic.

COMMON SIGNS OF PANDEMIC FATIGUE

LACK OF
MOTIVATION

CHANGES IN EATING
OR SLEEPING
HABITS

IRRITABILITY

STRESS OVER TASKS
THAT WOULD
NORMALLY BE
HANDLED WELL

DIFFICULTY
CONCENTRATING

FEELINGS OF
HOPELESSNESS

Why is Pandemic Fatigue Serious

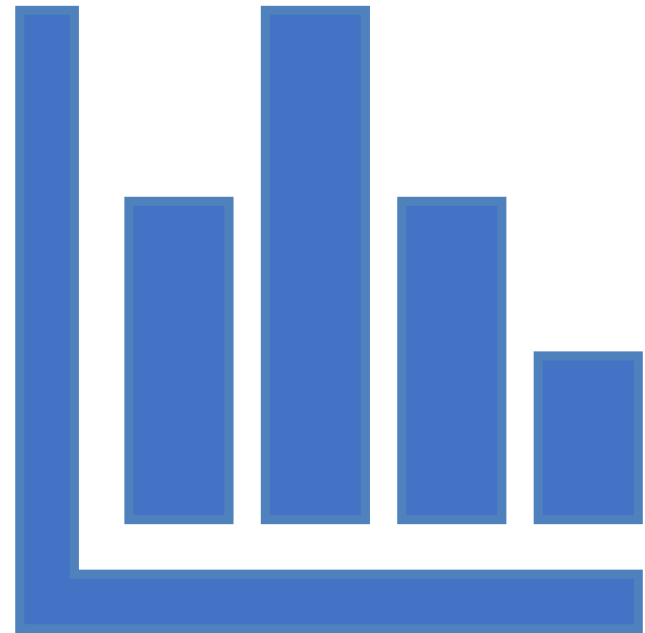
- Pandemic fatigue poses a serious threat to our safety and that of others.
- If we do not battle it, we may gradually begin to lose our motivation to follow COVID-safe practices.
- Over time, we may become complacent about the virus, even while it continues to spread and kill.
- Tired of living under restrictions, we may seek greater freedom, which could put us and others at risk.



SUPPORTING OURSELVES

Self Care
Self Compassion
Support

Poll 2





“Extreme”

Definition:
**The largest possible
amount or degree of
something**

“Extreme”
Self Compassion

Self-Kindness

Common humanity

Mindfulness

Unconditional High
Regard



TALK to
YOURSELF LIKE
you TALK TO
SOMEONE
YOU Love.

- BRENE BROWN

“Extreme” Self Care



“Extreme” Self-Care Aspects

Physical
Emotional
Spiritual
Intellectual
Social
Sensory





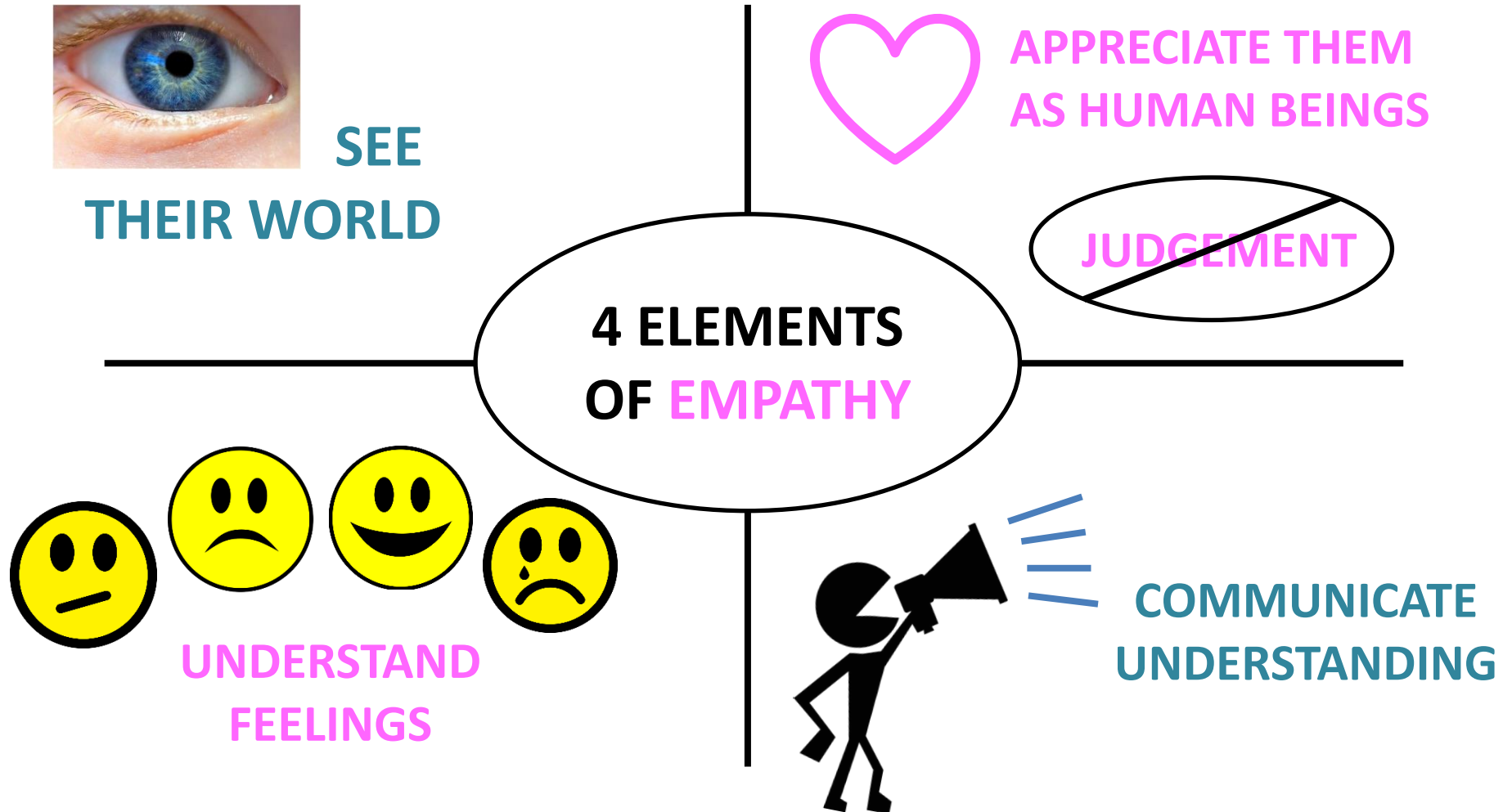
“Extreme” Support

- Friends
- Family
- Dog
- Activities
- Groups
- Zoom
- Hugs
- Text Messages
- Music

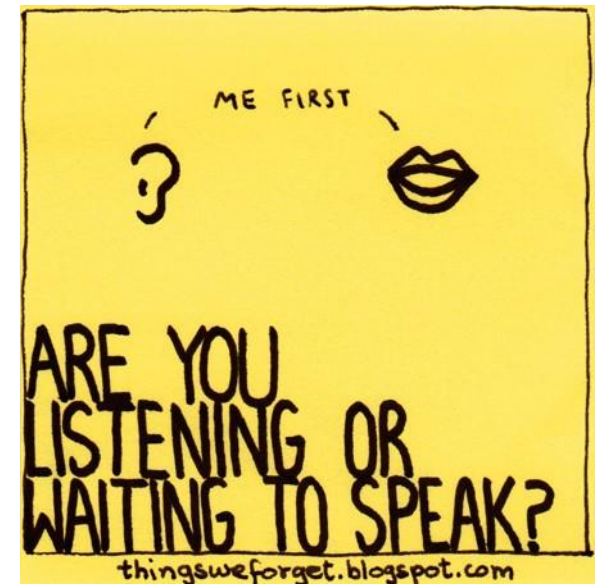


SUPPORTING OTHERS

EMPATHY

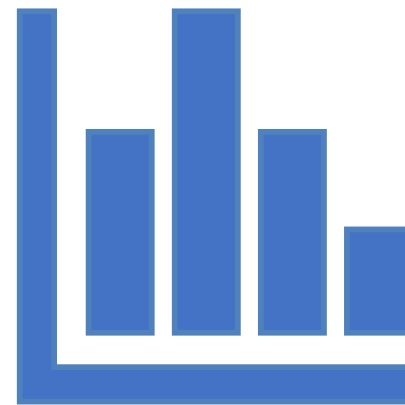


The Importance Of Listening





Poll 3





Workspace Success

What remote work practices are helping you keep sane and motivated?

Setting up your Workspace for Wellness and Success

- Try to set up your workspace in a quiet area with some privacy, away from busy living spaces and distractions such as televisions
 - Consider storing personal mobile devices out of reach
 - Use noise-cancelling headphones if needed
- Talk to your partner, children, or others, about your workspace and your needs while working remotely
- Try to work in a space with natural light to reduce eyestrain; exposure to natural light can impact physical and mental well-being
- Consider ergonomic needs, for example, when setting screen and keyboard heights
- Be prepared to do without certain items, such as printers; now is a great time to embrace paperless work habits
- Revisit and adjust your set-up as needed; consider issues such as temperature, storage of your gear when not in use, and other factors

• Government of Canada

A close-up photograph of a document with a torn edge. The word "STRATEGY" is printed in large, bold, green capital letters. Below the word, there is a series of small, vertical green lines. A green arrow, attached to a dark, metallic-looking base, points upwards towards the word "STRATEGY".

STRATEGY

PANDEMIC FATIGUE STRATEGIES



1st
Pandemic
Fatigue
Strategy

Stay at a distance physically
but not socially

Why it Matters

True friends build us up.

In contrast, prolonged isolation puts our health at risk.

Try this: Stay connected with your friends through video chats, phone calls, or e-mail and text messages. Reach out to friends when you are having a bad day, and regularly check in to see how they are doing. Exchange tips on what is helping you to cope during the pandemic. Find ways to do something kind for a friend, and you will make a bad day feel better.



(def) a **watercooler moment**: a special or memorable moment that afterwards people talk about while gathered around the watercooler

Conversations

The Value of Peer Support and Connection

- Establishing a genuine connection with another person
- Experiencing genuine compassion, integrity, and empathy when connecting with another person can inspire others to be more compassionate and empathic
- It fosters hope and personal growth
- It promotes health and wellness of the whole person
- It helps to build confidence in the person
- Accessing peer support may be someone's first step toward personal wellness/getting help
- It promotes social inclusion and sense of belonging
- It promotes the dignity and respect of all people in a non-judgemental environment



2nd Pandemic Fatigue Strategy

Make the best of your
current circumstances

Why it Matters

Using your time wisely can help you to stay positive and avoid excessive worry.

Try this: Rather than focus on what you can no longer do, look for ways that you can take advantage of your situation. For example, are there projects that you now have time for or hobbies that you can now pursue? Can you spend more time with your family?

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rou·tine (rōō·tē
procedure,

3rd

Pandemic
Fatigue
Strategy

Stick to a routine

Why it Matters

Many people tend to feel more settled and happier when they have a general routine.

Try this: Make a schedule that reflects your current situation. Set aside specific times to do schoolwork, secular work, and household chores as well as times to take care of your spirituality. Include other healthy activities, such as spending time with family, being outdoors, and exercising. Periodically review your schedule, and revise it as necessary.



4th
Pandemic
Fatigue
Strategy

Adapt to changing seasons

Why it Matters

Depending on where you live, changing seasons may reduce your opportunities to get fresh air and sunlight, which are good for your physical and mental health.

Try this: Since winter is approaching, try to adjust your living room or work area to maximize sunlight. Plan outdoor activities you will be able to do despite the colder weather. If possible, obtain winter clothes that will let you spend more time outside.

CASES ARE RISING.
ACT NOW!



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

5th Pandemic Fatigue Strategy

Continue to practice
COVID-safe behavior

Why it Matters

COVID-19 is deadly, and we risk infection if we let down our guard.

Try this: Regularly check reliable local guidelines and consider whether you are still being cautious. Focus on how your actions will affect you, your family, and others.



6th Pandemic Fatigue Strategy

Spirituality

Why it Matters

Reflecting on a higher power, culture, etc. can help you to cope with any challenge.

Try this: Connect with your spiritual, religious, humanist, cultural communities.

Find strength and solace and power in traditions, writings, rituals, practices, prayer, holy times and seasons.



Summary:

- “Extreme” Self Compassion, Self Care and Support
- Stay at a distance physically but not socially
- Make the best of your current circumstances
- Stick to a routine
- Adapt to changing seasons
- Continue to practice COVID-safe behavior
- Spirituality



**Be well,
Be calm,
Be kind
B-R-E-A-T-H-E**

**You are not
alone
We WILL get
through
this!!!**