



**Be Safe,  
Be Healthy.**

**Always  
connected.**

## Managing Covid Fatigue

This is a challenging time, and while physical health and safety is paramount, so is your mental health and safety. 'Covid fatigue' has been described worldwide as a state of exhaustion caused by the long-term effects of COVID-19 and the changes it has caused to every aspect of our lives.

Our bodies are well adapted to handle temporary stress. Many people even thrive with temporary stress. But when the stress is constant and unrelenting, such as that which COVID-19 has brought with it, the pressure can become overwhelming.

It is important to be aware of the signs of 'Covid fatigue', which include irritability, anxiety, low energy, restlessness, feelings of hopelessness and dread, or feeling like there is nothing to look forward to. While it is absolutely understandable you may be experiencing 'Covid fatigue', it's important to realise there are number of helpful tips and behavioural adjustments that will help you deal with and overcome it.

### **IDENTIFY & PRACTICE SELF-CARE STRATEGIES**

- Prayer. It is important to maintain your spiritual life to help you to feel more grounded
- Practice Mindfulness. If you're experiencing difficulty in thinking clearly, focusing and making decisions give mindfulness a go. Our 'Keeping Calm and Connected Mindfulness sessions' are available as recordings and accessible at [catholiccare.dow.org.au](http://catholiccare.dow.org.au) and search 'mindfulness'
- Download the 'Calm' app

### **LOOK AFTER YOUR PHYSICAL HEALTH**

- Eat sensibly
- Get regular exercise and keep active
- Sleep well. Try and keep to a routine and prioritise sleep, as the body needs good sleep to restore itself
- Drink plenty of water
- Get fresh air and sun if possible
- If you work on a computer, get up and walk for two minutes every hour. Also consider other formats for meetings other than zoom, like a telephone call

### **ONLY CONSUME NEWS FROM TRUSTED SOURCES**

- Limit how much social media you are exposed to
- Avoid excessive use of electronic devices

### **DO THINGS THAT BRING YOU JOY**

Such as reading a book, listen to your favourite music or podcast, cook, garden, watch a movie, organise or fix things you have been meaning to get around to for a while, whatever brings you a feeling of contentment.

### **SEEK PROFESSIONAL SUPPORT IF YOU NEED IT**

Don't hold back on reaching out for help. If you are noticing persistent anxiety or overwhelming emotional responses, consider seeking support from a counsellor who can help you move through these feelings and identify additional strategies for coping. Lifeline also have a text service on 0477 13 11 14 if you would prefer to communicate that way.

Attached is some information you might find helpful.

(Managing Lockdown Fatigue)

Resources and support information is also available on the Black Dog Institute website

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

We are always here to connect with you.

Call 42271122 [www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au)