

# Combating COVID Fatigue

## *7 energizing strategies to start using today*



As we enter a second phase of the pandemic and experience what has been characterized as “COVID fatigue”, Psychologist and Author Dr. Bill Dymant provides some timely help and proven strategies to stay emotionally fit and successful.

### **Strategy 1**

Schedule three to four real conversations with someone each week to stay socially connected for support and accountability. Sharing your experiences and finding inspiration and motivation from others is critical for positive health.

### **Strategy 2**

Identify and write down current fears and concerns that keep you isolated and stuck. Take action by seeking outside support and making a plan to engage in what you can control while letting go of what you can't.

### **Strategy 3**

Practice positive daily rituals. Reduce negativism by staying active with fun activities to start and stop your day.

### **Strategy 4**

Allow time to grieve your pandemic losses. Sharing your feelings with a trusted friend or family member regarding losses and things that didn't happen during this period is important. It is necessary to help relieve stress and to help you move on and plan for future events.

### **Strategy 5**

Set aside time daily to be active. The pandemic can create moments of stagnation and isolation, doing something outside, like taking a brisk walk, or other exercise, can increase your ability to fight depression and stress.

### **Strategy 6**

Create a “grateful” list and update it often. Spend time daily to be thankful for what you do have versus what you don't have. Reach out to friends and family that have been especially helpful throughout this pandemic and thank them as it will encourage them and help you.

### **Strategy 7**

Find a person, cause or community to help. This will help to fulfill purpose for you and restore hope to those that have suffered loss and set-backs during this time.



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