

Fight COVID Fatigue

TIPS FOR MANAGING YOUR MENTAL HEALTH

TAKE CARE OF YOUR PHYSICAL HEALTH

Have a daily routine:

- Exercise 20-30 minutes.
- Eat healthy foods.
- Get enough sleep.
- Go outside every day, even if it's just for a short time.



It's good for your immune system and your mental health.

FOCUS ON WHAT YOU CAN CONTROL

FOCUS
HERE

Things
you can
control.

Things that
matter.

COVID-19 has been around for over a year now. It's normal to feel "pandemic fatigue," that sense of being drained and exhausted by the sacrifices we've been making. Here are ideas for how to focus on the things you can control.

REMEMBER IT'S OKAY TO FEEL HOW YOU FEEL

- You might feel a mix of emotions: sadness, worry, boredom, and more.
- Acknowledging your feelings is better for your mental health than stuffing them away.
- A simple journal, where you write one positive thing that happened every day, can help you feel some control.



- If your feelings are interfering with your day-to-day life, talk to a health care provider or a mental health professional. It's okay to ask for expert advice.



Get help if you need it.
Call your doctor or a mental health professional.



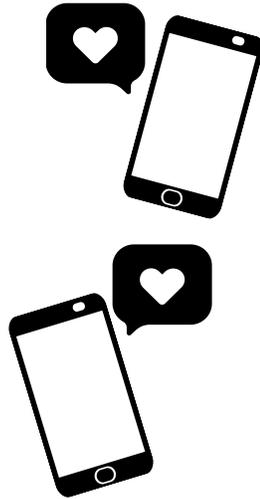
Whatcom County
HEALTH
Department



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STAY CONNECTED TO OTHERS

- Especially with people you lean on and trust.
- Write letters or make phone or video calls.
- Take an online class.
- Stay in touch with your wider community.



KEEP UP THE GOOD WORK

Don't let your guard down because of COVID fatigue.

- Wear a mask over your nose & mouth.
- Wash your hands.
- Stay 6 feet apart from other people.

LIMIT HOW MUCH NEWS YOU WATCH

If you feel overloaded with too much info:

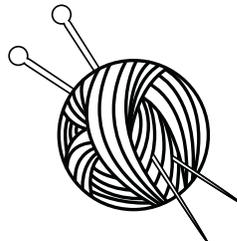
- Limit your news intake to an hour a day.
- Choose reliable sources.



FOCUS ON CALMING ACTIVITIES

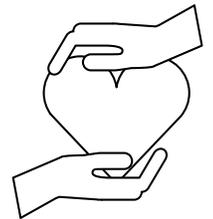
Do things that keep you in the present, such as:

- Bird watching
- Simple yoga stretches
- Crafting
- Meditating



DO SOMETHING TO HELP SOMEONE ELSE

- Find ideas and volunteering opportunities from the Whatcom Volunteer Center.



QUESTIONS ABOUT COVID OR THE VACCINE?

- Washington State Dept of Health COVID hotline (language assistance available): 1-800-525-0127 or 888-856-5816
- Whatcom County Health Dept: covid@co.whatcom.wa.us

CALL WASHINGTON LISTENS 1-833-681-0211

This is a free, anonymous service for any Washington resident who's feeling sad, anxious, or stressed.



Get help if you need it.

Call your doctor or a mental health professional.