

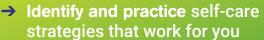
Pandemic Fatigue

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:





→ 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:

Coronavirus Mental Wellbeing Support Services: 1800 512 348

Lifeline: 13 11 14

Kids Helpline: 1800 551 800 www.headtohealth.gov.au