



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

**With Barbara Frampton**

**Tuesday, December 15, 2020**

# WEBINAR OBJECTIVES

An informative and supportive webinar which will identify:

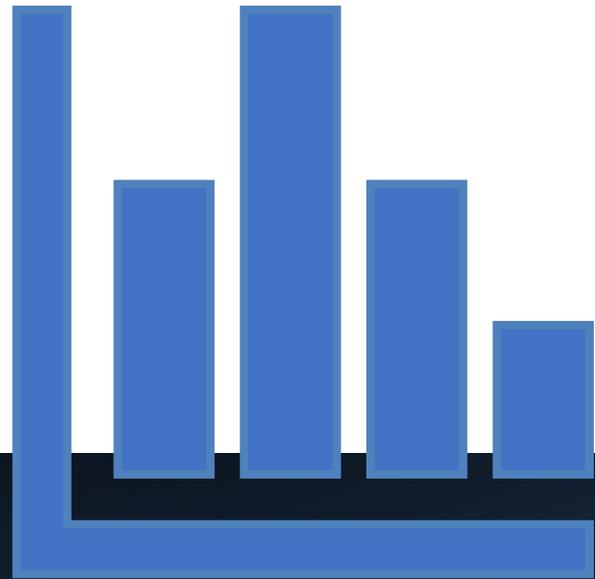
- Pandemic Fatigue
- Pandemic Burnout
- Why it's Serious
- Supporting Ourselves
- Supporting Others
- Strategies to Combat it



**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

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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

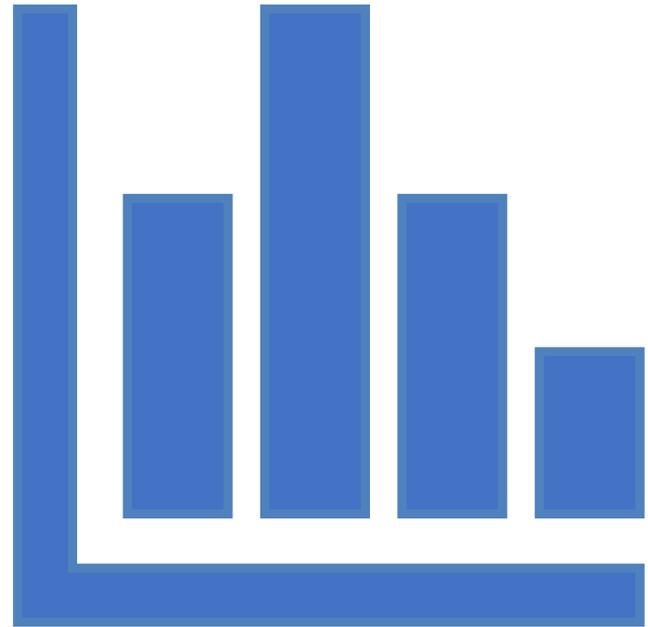
- Pandemic fatigue poses a serious threat to our safety and that of others.
- If we do not battle it, we may gradually begin to lose our motivation to follow COVID-safe practices.
- Over time, we may become complacent about the virus, even while it continues to spread and kill.
- Tired of living under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

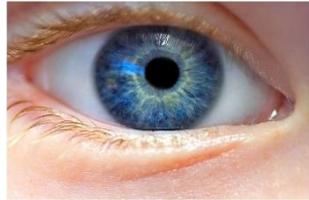
- Friends
- Family
- Dog
- Activities
- Groups
- Zoom
- Hugs
- Text Messages
- Music



**time to talk**

**SUPPORTING OTHERS**

# EMPATHY



SEE  
THEIR WORLD

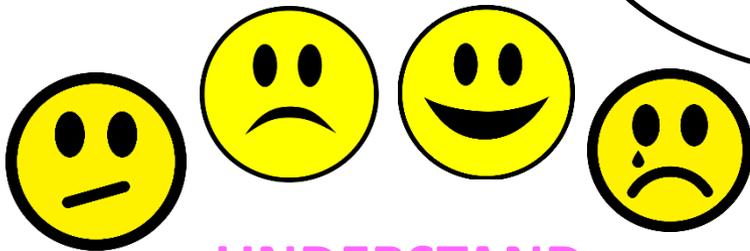


APPRECIATE THEM  
AS HUMAN BEINGS



~~JUDGEMENT~~

4 ELEMENTS  
OF EMPATHY

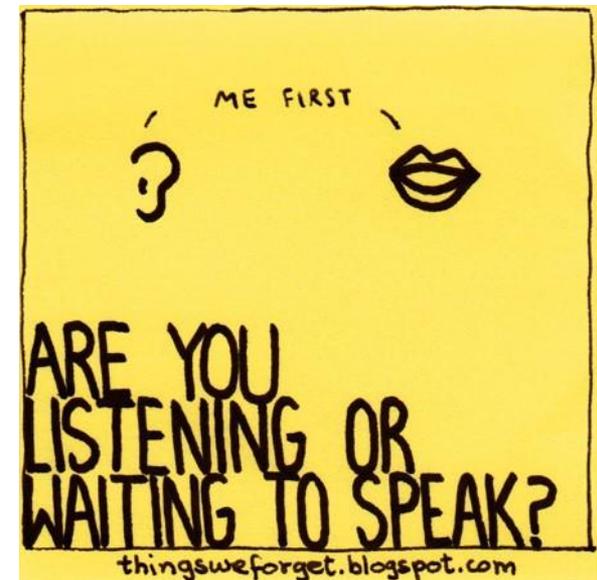


UNDERSTAND  
FEELINGS



COMMUNICATE  
UNDERSTANDING

# 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

**STRATEGY**

A close-up photograph of a document. The word "STRATEGY" is printed in large, bold, green capital letters at the top. Below it is a ruler with black markings. A green arrow with a silver shaft points upwards and to the right, positioned over the ruler. The bottom edge of the document is torn, revealing a black background below.

**PANDEMIC FATIGUE  
STRATEGIES**



1<sup>st</sup>  
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



## 2<sup>nd</sup> 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?

Plenty; abunda  
**rou·tine** (rōō·tē  
procedure,

3<sup>rd</sup>

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.



4<sup>th</sup>  
Pandemic  
Fatigue  
Strategy

Adapt to changing seasons

## Why it Matters

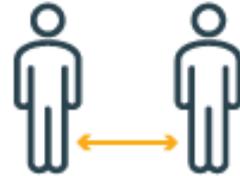
Depending on where you live, changing seasons may reduce your opportunities to get fresh air and sunlight, which are good for your physical and mental health.

**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

# 5<sup>th</sup> 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.



# 6<sup>th</sup> 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!!!**