

Here's to You!

Tips for your good health provided by your district

June/July 2020

ELECTION FATIGUE



What is your fatigue level?

fatigue [fəˈtēg]

NOUN

1. extreme tiredness resulting from mental or physical exertion or illness.

Synonyms: tiredness · weariness · exhaustion · overtiredness · drowsiness

People are tired. As we live with pandemic restrictions and are less active due to current social isolation, there is a growing sense of exhaustion over inactivity, worry, stress and helplessness. The feeling of being cautious and isolated can take a toll.

Under the circumstances, these are normal feelings, and this passive action we are taking is a positive action. By staying home, we are staying safe and doing our part to keep others safe.

But people are reaching the limits of their patience

with the lockdowns. With close-contact activities like parties, protests and beach trips, people are testing social distancing rules around the country.

Caution fatigue describes this feeling of flagging motivation. The term was coined by Northwestern University Associate Professor of Psychiatry Jacqueline Gollan.

“When lockdowns were first announced, many people were charged with energy and desire to flatten the curve. Now, many weeks in, the prolonged cocktail of stress, anxiety, isolation and disrupted routines has left many people feeling drained. As motivation dips, people are growing more lax about social-distancing guidelines — and potentially putting themselves and others in harm’s way,” Gollan said.

(Fatigue, over)

Fatigue (cont.)

Social distancing guidelines are easing, but they may come back as needed until a vaccine is developed. It is important to remember why they are in place.

“If people can address the reasons for the caution fatigue, the caution fatigue itself will improve,” Gollan said.

To manage these restrictions, Professor Gollan has the following tips:

Take care of your physical and mental health. Get enough sleep, watch your diet, exercise, don't drink too much and manage stress.

These are standard health tips. Your mental health is important in managing your fatigue.

Understand the risks and benefits. Know why you are doing this: to protect yourself and those around you. Remember that you are contributing to the common good. Focus on selfless acts

Adjust your routine. Create a new normal and think about your immediate needs.

Switch up your media diet. Listening to the same warnings from the same news sources may desensitize us to important information about the virus and safety guidelines. A suggestion is to seek news from a variety credible news sites.

Take a break from Netflix. Too much streaming can be tiring. Get off the couch or, better yet, find an exercise program on YouTube and get your blood flowing.

<https://bit.ly/3d2kou8>

Boost your mood by looking at pictures of baby animals

Sharpen your focus, improve your attention and get a quick mood boost by looking at pictures of baby animals — puppies, kittens, goats, pigs — these cute pictures are emotional healers.

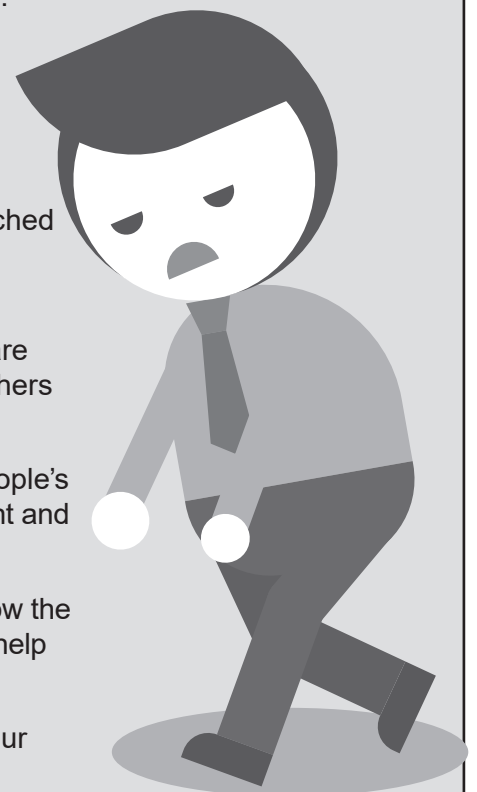
A study by the Association for Psychological Science discovered powerful effects of the images on mood and work performance. For better productivity, watch a kitten video. <https://bit.ly/3c0hjdZ>

Work burnout — fatigue that is now a recognized occupational syndrome

Returning to work and a normal routine may add fatigue initially. Be kind to yourself as you readjust to your schedule and possible work environment changes due to layoffs and remote schedules.

Added to the ongoing stress of COVID-19, you may still be exhausted. Watch for burnout, a state of near exhaustion from work or work conditions. Although not a medical diagnosis, burnout is a recognized syndrome by the World Health Organization.

- Symptoms can be self-diagnosed and signal a need for help:
- You are chronically tired with a lack of energy.
- You feel as though you are on automatic pilot. You sleep more.
- Your performance deteriorates with missed deadlines, forgotten details and ignored commitments.
- Your attitude has become detached or uncaring.
- You see the “downside” of everything or are cynical. You are losing faith in coworkers and others around you.
- You no longer tolerate other people's small mistakes and feel impatient and irritable.



If you suffer from work burnout, follow the tips for easing fatigue (left) or seek help from a mental health professional.

You may need to ease back into your standard work commitments.