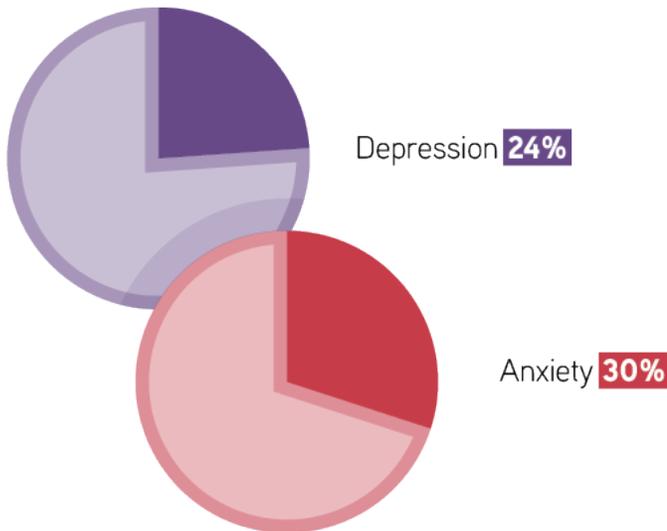


Combating Pandemic Fatigue

An unintentional phenomenon is on the rise—pandemic fatigue. This collective fatigue occurs when people show low motivation or energy to comply with safety guidelines. Even more alarming is that others may be reaching a mental health breaking point.



One-third of Americans are showing signs of depression or anxiety.

Those rates were **higher** among younger adults (ages 18 to 29), women and people making less than \$25,000 a year.

Adults experiencing anxiety and depression are also **twice as likely** to delay medical care during the pandemic.

Common feelings of pandemic fatigue include:



Focus on what you can control, and try to get back to your pre-pandemic lifestyle. Fight back against pandemic fatigue with these tips:

TRY	AVOID
Shifting your mindset about guidelines	Consuming too much news
Exercising or practicing mindful activities	Overusing alcohol or other substances
Connecting with others	Comparing yourself to others