COVD 19: Crisis Fatigue: why does it occur, what to look out for, what to do

However resilient I consider myself to be there is always the possibility, often subtly felt, that this 'thing' just gets too much to handle, too much to think about, too much to live with, just too much and this is not just for a couple of months, this is a marathon, and I have not been in training for such a marathon. This virus attacks health, my health, however old I might be, who ever I am.

Why does crisis fatigue occur:

* I am not in control and I feel confused, baffled and vulnerable a lot of the time.
* endless news updates on TV and radio, and a bombardment of comments on social media, WhatsApp, Instagram, texts, emails, phone calls.
* a lot of uncertainty as to exactly what is going on, what is required by me, what can I do, how do I help others.
* there is no space left to think of anything else, or manage anything else, or be interested in anything else.
* how can I not feel under siege, how I cannot feel fatigue!

What to look out for:

* I can become distracted or disinterested in other aspects of life
* because I don't know what to do or how to respond I get fearful and express it in anger or go silent. I sulk, I don't want to talk to anyone
* I might not notice that I am less interested in eating because I am anxious or I am over eating because I am trying to sooth myself.
* my sleep becomes fretful
* if I am home so much, either alone or with others, I get bored, I don't know how to express my frustration except towards others or the cat!

What to do: ACCEPT that this crisis is going to last sometime and prepare myself

A: **acknowledge** that I am not in control and I need to find a ways of coping
C: **compromise** on what I would like to do and work out what I can do
C: know that there will be c**onsequences** that are not in my control
E: show **empathy** to others, this shows that I and they are not alone
P: be **passionate** about caring for myself and those around me
T: **trust** in myself that I am doing all I can

Create a routine:

Prioritise what needs to be done during each day
Plan out my day to give the day a structure
Pace myself so that I do not do everything at once
Permission to know I can only do so much, and seeking help and support is not weakness

Time off from the news and worries:

* give myself 'news' breaks, I can catch up with the news later
* create distractions that I enjoy such as books, games, tv, radio, films, online games
* Include some meditation, mindfulness, prayer

* create an exercise programme that I enjoy, even if walking up and downstairs and some stretches or online yoga sessions
* set meal and sleep times

I, and those I am in contact with, are going to have days of sadness and frustration.
I need to be honest about how I feel and not hide it or deny. I know others are feeling the same
I need to be kind to myself, and those around me.