

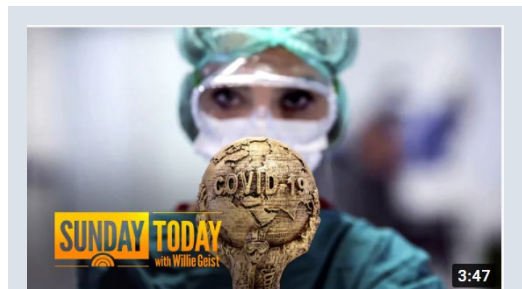


## COVID fatigue and your mental health

After nearly two years of the pandemic, we are all feeling the toll of COVID-19. While we don't know when the pandemic will end, experts are certain that it will end. Things will move to an endemic stage at some point. For now, we all need to stay resilient, care for our mental health, and keep following safety precautions.

### COVID-19 FATIGUE IS REAL AND IT HAS MANY FACES

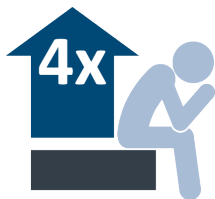
It's the single person who's longing for more social interaction. It's the parents of school-aged children who are completely drained from school closures, virtual school, the debate over facemasks, daily exposure notifications, etc. It's the parents of children not old enough to get the vaccine who worry about their child being unprotected and quarantined if exposed. It's the person who wasn't quite ready to retire but is considering it now because of the added stress and risk. The list goes on and on. It's you and it's me. We're all tired of COVID-19.



*Click [here](#) to listen to a recent Sunday Spotlight from NBC's Harry Smith about how pandemic fatigue has changed the way Americans look at COVID-19.*

With the recent omicron surges across the United States, feelings of exhaustion, anxiety, and depression are also surging. If you're feeling these things, know that you are not alone and there's help.

### ANXIETY AND DEPRESSION ARE INCREASING AND MANY AREN'T GETTING HELP



Rates of anxiety and depression among U.S. adults were about **4 times higher** between April 2020 and August 2021 than they were in 2019<sup>1</sup>



**More than half** of adults with a mental illness do not receive treatment<sup>2</sup>



**Nearly 1 in 3** children with major depression are going without treatment<sup>2</sup>

# 5 ways to cope with COVID-19 fatigue

1. **Talk to someone.** Conversations with friends and family members can be helpful. But sometimes, you need more guidance. Our EAP, provided by ComPsych, allows you to talk confidentially with an expert. Each UNC constituent institution has an assigned phone number. Go [here](#) and scroll down to the contact chart to get the right number for you. Your initial consultation will be free, and most UNC institutions provide additional free consultations.
2. **Get moving.** Exercise—even a short walk—can help relieve stress and boost your mood.
3. **Give yourself the rest you need.** Check out [Beacon Health's Six Tips for a Good Night's Sleep video](#) to learn why sleep is so important and what you can do to improve yours.
4. **Practice mindfulness.** Take a few moments to be truly present. Try this [deep breathing exercise](#) from Beacon Health.
5. **Take a news—and social media—break.** Pay attention to credible sources of news and information, but from time to time take breaks from the media to avoid feeling overwhelmed.

## **Remember: Vaccines Continue to Be Our Best Shot Against COVID-19**

While we've recently seen more vaccinated people having breakthrough infections, getting vaccinated and boosted is still very important. Why? It is highly effective in preventing severe disease and hospitalization. If you aren't fully vaccinated or haven't gotten your booster, consider scheduling one today.

Keep in mind that children age 5 and older are now eligible for vaccination. With more and more children getting infected with COVID-19, vaccination is more important than ever.

### **3 Ways to Find Vaccines Near You:**

1. Visit [vaccines.gov/search](https://vaccines.gov/search)
2. Text your ZIP code to 438829
3. Call **800-232-0233**

Remember, adults aren't the only ones battling COVID-19 fatigue. COVID-19 has taken a serious toll on our children, too. Regardless of their age or what their questions or concerns are, the most important thing you can do is make sure they know they're being heard, and that the adults in their lives are doing all they can to keep them safe and healthy. If you see that your child is struggling, use the EAP to get them some help.

