

# Fight pandemic fatigue



### Give Your Eyes a Break

Remote/online school means our eyes are spending hours staring at a screen. This can contribute to dry eyes, headaches and neck pain. Take breaks, use blue light filtering glasses, and when you're not in class decompress with non-screen activities such as puzzles, board games, reading, or listening to music.



### Less is More

When stress goes up, our capacity for learning and coping goes down. Goals and success should be adjusted accordingly. What we were capable of in pre-pandemic times might not be what we're capable of right now. Be kind to yourself and set small daily goals for school, home, and extracurriculars.



### Get Creative

Creative, artistic, and playful activities have been shown to reduce stress and improve mood. Now more than ever we need creativity to break up our days. Not an artist? Remember that creativity isn't just about art. Think about holiday crafts, new recipes, taking nature photos, or moving furniture to reorganize a room.



### Chase the Light

With days getting shorter, finding ways to get fresh air and daylight are even more important. Natural light helps regulate circadian rhythms, and simply getting out of the house can improve mood. Try to get outside EVERY DAY even if it means pulling on the winter boots and coat!



### Look Ahead

Having things to look forward to can help us cope with current stress. Make lists! What are 5 things you're looking forward to this winter? 5 things you're looking forward to post-pandemic? 5 things you're looking forward to in 5 years? It might be as simple as sipping hot chocolate with marshmallows on a snow day or as exciting as imagining an exotic place you'd like to travel to.



### Get Moving

Literally. Right now many of us aren't leaving the house for days. That means our movement can be as little as walking from bed to desk to fridge and back again. But even when we feel too tired to exercise, the data is very clear that movement actually improves energy. Just adding 5 minutes of walking, stretching, or exercises every couple of hours will help you feel more focused and less tired.



### Connect

With social distancing, we all have to work harder to build social connection. Every day, try to reach out to one person you know – classmate, teammate, old friend, new friend. Send a snap, DM a funny meme, ask about class, check in to see how they're doing. Not a joiner by nature? Maybe this is the year you try something new. Join an online school club, volunteer remotely for a local agency, or find an online gaming community of your peers.



### Ask for Help

Many middle school, high school, and college students are struggling right now. The stress of remote learning plus the lack of social activities means depression and anxiety are on the rise. If you or someone you know is struggling, ask for help. Ask a parent, a close friend, or your primary care doctor. Check out [www.joon.com](http://www.joon.com) for online resources. And in case of emergency you can always call the National Suicide Hotline (1-800-273-8255) or text the Crisis Line (text HELLO to 741741).