



RESET THE MIND

Tips to surviving pandemic fatigue

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WINTER 2020

VALIDATE YOURSELF

Acknowledge that you are human and you have been in a bunker for six months without a clear end in sight for most. Take time to list all you do and have done since this year. Know that you are not alone and that this is a common experience for people to be isolated or alone and deprived of simple enjoyments or physical connection. Even missing water cooler moments or your time with coworkers is completely normal.

VALUES ASSESSMENT

Look inside and reassess priorities for the coming day, month, and quarter. Look at what matters most and put those elements first --- commitment, honesty, consistency, positivity.

BALANCE

If you are on Zoom all day, you are less likely to feel healthy and connected. Find ways to integrate break periods and a variety of activities throughout the day.

EXERCISE

In whatever capacity works, walking, running, biking--- keep the heart pumping and the breath active.

CONNECT

Reach out to old friends. Make a list of friends or colleagues to call or thank for prior relationships or to see what they are up to in 2021 and beyond. Expand your network.

EXPLORE YOUR PASSION

Carve time for your passions and curiosity. How can you allow time for learning and exploration? Put it in the books and make it happen!