

## COVID19 ADJUSTMENT WHEEL - TIP SHEET



### DIMENSION: COVID19 FATIGUE



Heading into the 2nd wave of the pandemic when many were hoping that we had managed to keep the coronavirus under some manageable control in the first wave, has resulted in a range of emotions from frustration, anger, fear and anxiety, sadness, to despair and subsequent COVID FATIGUE. Thinking that it is now all out of our control and there is nothing we can do to halt the march of this insidious virus.

For some, their subsequent behaviours are to submit and try to wait out the inevitable, whatever that may be. While this is understandable, it is unlikely to assist in effectively managing our emotions. It is very important that we continue to review what we CAN DO rather than what we cannot. In this way we will minimise the impact of COVID fatigue and feelings of no control, and instead contribute positively not only to our own wellbeing but to those around us such as family, friends, and work colleagues. Please try using the Adjustment Wheel to assist in considering some ideas to better manage these challenging times.



### Tips to address COVID19 Fatigue

- **Review all aspects of your life** that you can totally or partially control. Write a list and action those aspects where you can influence, but to this point have not taken some positive action.
- An important suggestion that relates to the above, is that **you and only you control your thoughts**. That is, you can choose to think in an infinite number of ways about what is going on around you. You can think negatively or positively, keeping in mind that negative thoughts create a circular and often uninterrupted self-defeating pattern. Try the thought stopping technique that assists in shifting self-perpetuating negative thoughts into a more positive but realistic framework.
- **Practice GRATITUDE**. Try and start each day and think of one thing that you can be truly grateful for. This will not only assist in starting the day within a more positive context, but it should also provide some necessary perspective.
- **Set short term goals for yourself**. Where possible assess what you can achieve today, or even in the next few hours that will provide some level of satisfaction. Do the same the next day and so on.



### Prioritise your wellness and seek help early

**Employee Assistance Program:** is a confidential, short term assistance program provided by qualified professionals. This service is available to all employees, for both work-related and personal problems where you may need assistance, support or guidance.

**General Practitioner:** Your GP can discuss medical or other support options with you. If you don't already have a local GP you can search for clinics in your area via: Health Engine, <https://healthengine.com.au>

**Communicate:** Often we tend to bottle our concerns inside which leads to them just going around and around in our mind without achieving a satisfactory solution. Sometimes just talking to a family member or a trusted colleague can break open the bottleneck and lead to some solutions.



### Useful Resources

- Apps to help practice gratitude
  - » Gratitude
  - » 365 Gratitude
  - » Live Happy
- Books
  - » Permission to Feel: Brackett, Marc
  - » 365 Days Positive Self Talk: Dr Shad Helmstetter
- » Weblinks
  - » [Staying Well, staying positive](#)



1800 273 865



[www.smghealth.com.au](http://www.smghealth.com.au)



[areuok@smghealth.com.au](mailto:areuok@smghealth.com.au)