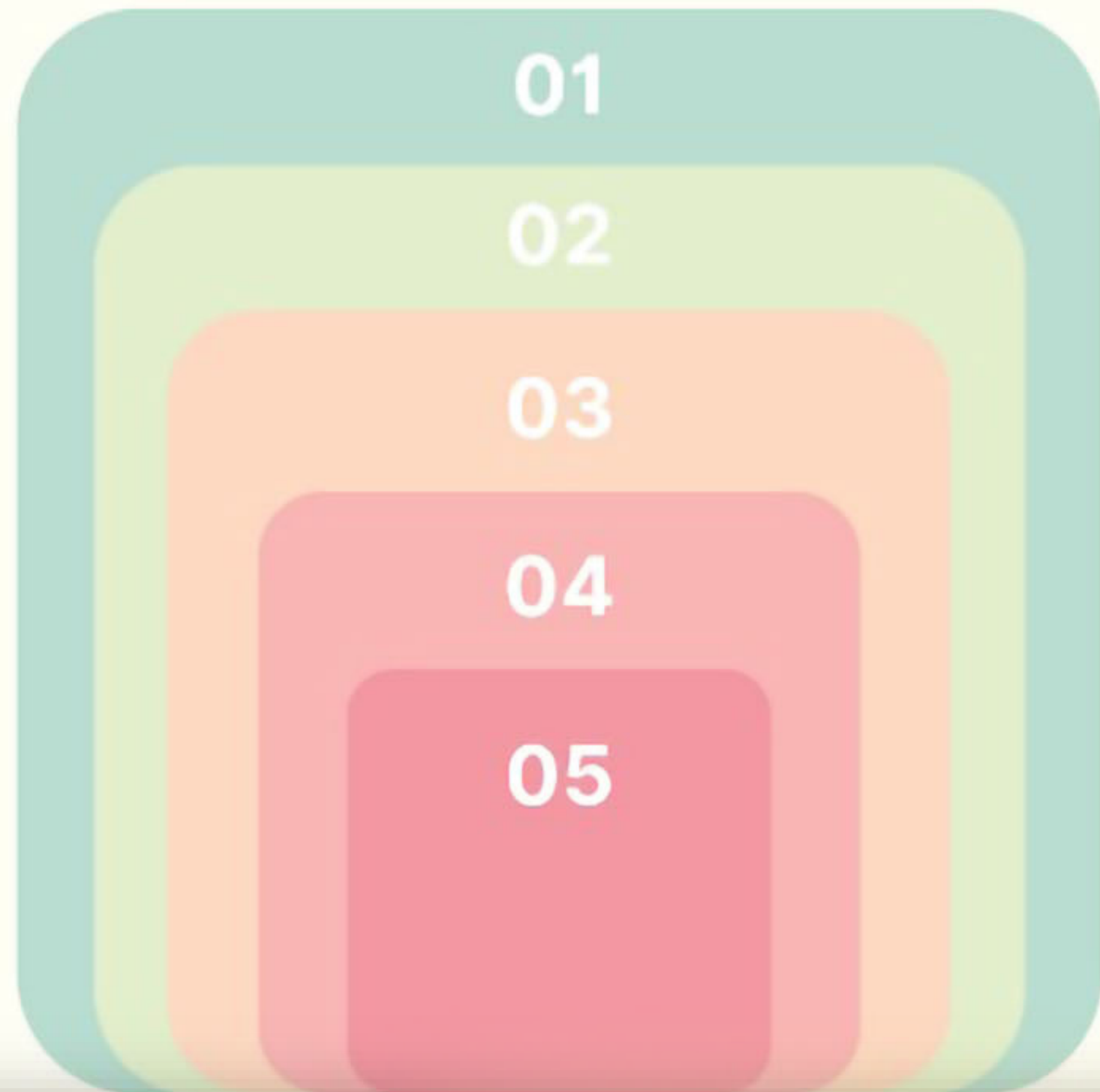


5 Ways to Overcome Pandemic Fatigue



01 Reflect & Accept

Check-in yourself, reflect how you are doing, accept those are common reactions.

02 Breathe & Meditate

Slow your breathing to tell your body there is no immediate threat, meditate to produce deep state of relaxation.

03 Monitor Social Media

Stop "doomscrolling", limit your screen times, pick one or two trusted sources.

04 Restore & Replenish

Take breaks during the day, do deliberately calming things.

05 Be active

Active self-care, be physically active, indoor workout, go for brisk-walking, hiking and running.