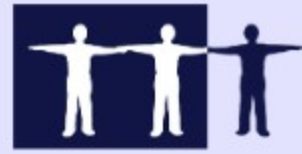


# CRISIS FATIGUE



Mood Disorders Society of Canada  
La Société Pour Les Troubles de L'Humeur du Canada

## WHAT IS CRISIS FATIGUE?

Crisis fatigue is when our coping mechanisms during crises, such as the COVID-19 pandemic, become overwhelmed.



## WHAT DOES IT FEEL AND LOOK LIKE?

You may feel a mixture of exhaustion, rage, disgust, despair, desperation, hypervigilance, anxiety and grief.

There may have been changes in your sleeping and eating patterns, and you may have trouble focusing.



## HOW TO COPE WITH CRISIS FATIGUE

- Focus on what makes you happy and brings you joy (e.g. watching your favourite movie, TV show etc.)
- Acknowledge and accept any negative feelings. You are allowed to feel frustrated, sad, or powerless.
- Maintain a routine. Try to go sleep and wake at the same time, eat nutritious food, and try to stay physically active.
- Focus on self care. Try something new, such as meditation or yoga.
- Reach out for support if you need it.