

## COVID-19 Fatigue: Maintaining Mental Health During a Global Pandemic

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This video provides information and tips on how to maintain your mental health during the ongoing COVID-19 global pandemic.

- <https://health.ucdavis.edu/coronavirus/covid-19-information/covid-fatigue.html>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/how-can-i-protect-myself-from-coronavirus>
- <https://www.nm.org/healthbeat/healthy-tips/emotional-health/do-you-have-covid-19-caution-fatigue>
- <https://www.uwhealth.org/news/managing-covid-fatigue-is-crucial-to-our-health-and-wellbeing-during-the-pandemic/53530>

### KEY TAKEAWAYS

- Stress can have a negative impact on our bodies and mind.
- Finding ways such as exercise, talking, mindfulness and other techniques can help you manage the ongoing stressors of the pandemic.
- Stay vigilant with social distancing, wearing a mask and hand hygiene to stay healthy.

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