

Frontline Work: COVID Fatigue, Trauma and Support

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Mental Health

“ the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face.”

– Public Health Agency of Canada

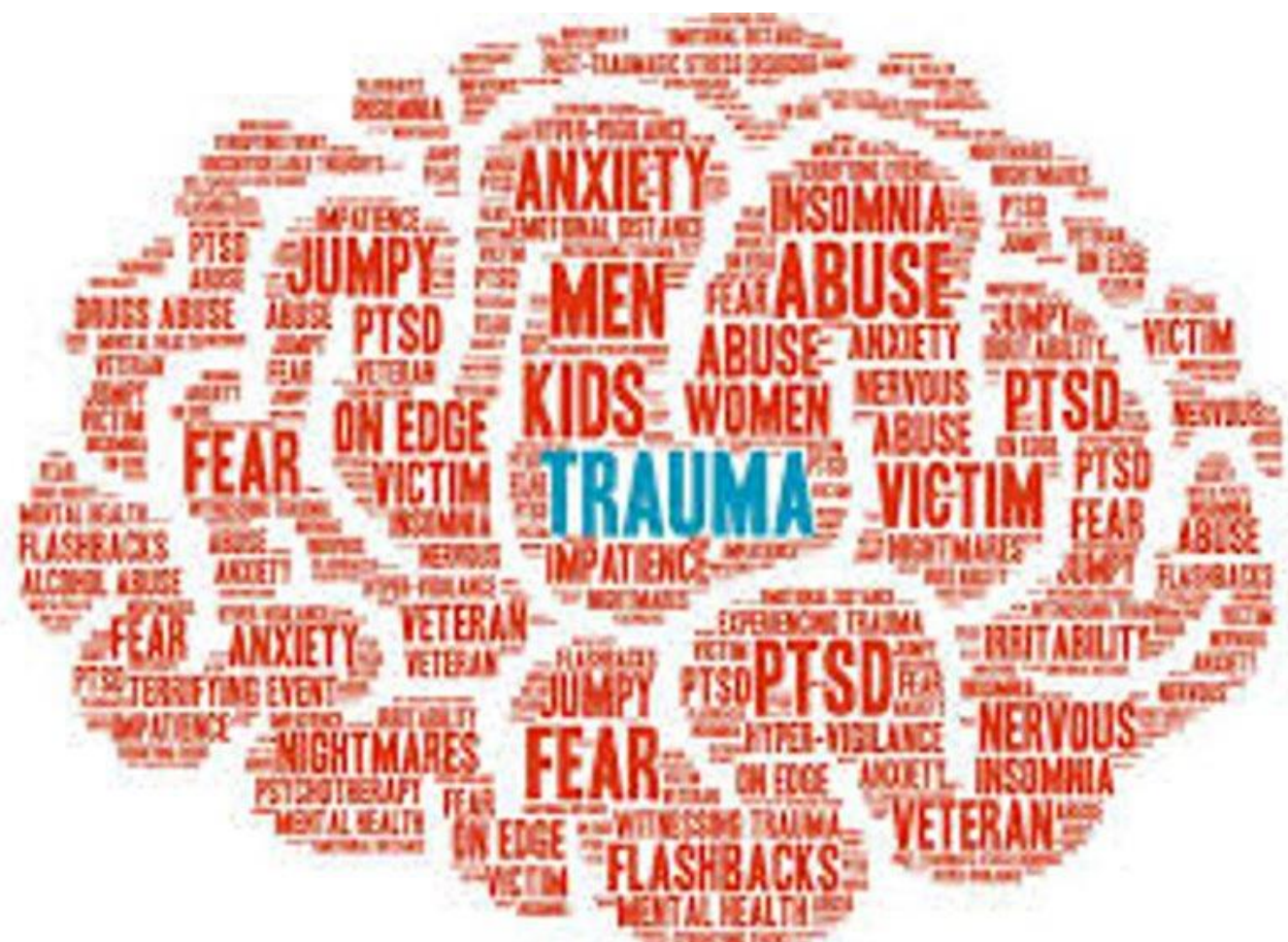
Complex Experience: Emotional & Physical Fatigue



The constant feeling of weakness or tiredness....

How do I know if I am fatigued?

- 1.chronic **tiredness** or sleepiness.
- 2.headache.
- 3.dizziness.
- 4.sore or aching muscles.
- 5.muscle weakness.
- 6.slowed reflexes and responses.
- 7.impaired decision-making and judgement.
- 8.moodiness, such as irritability.



What do we see?



Warning Signs

- **Changes in How You Think**

- “I don’t care about going to therapy anymore.”
- “Nothing is working out for me. I am never going to get better.”
- “No one cares about me or what I do. What’s the point of going on?”
- “I’m feeling a little down. This must mean that I am going to fall into a deep depression.”

- **Changes in Your Mood**

- “Everyone is getting on my nerves lately.”
- “I just don’t feel happy, even when I am around people that I know I love.”
- “I am beginning to feel really jumpy and on edge.”

- **Changes in Your Behavior**

- “I just don’t have the energy to take care of myself in the morning. I haven’t showered for days.”
- “I don’t want to be around people anymore.”
- “I’ve been drinking more, but just to take the edge off of my feelings a little.”

How do we respond?

PTSD Vs PTG

Secondary Trauma



Factors to Consider:

1. Previous mental health challenges
2. Social isolation
 - Ages 18 – 24 most vulnerable 30%
 - Women 27%
3. Cultural Components
4. Working from home
5. Social media
6. Financial status
7. Additional Disabilities

Tips to Reducing Fatigue

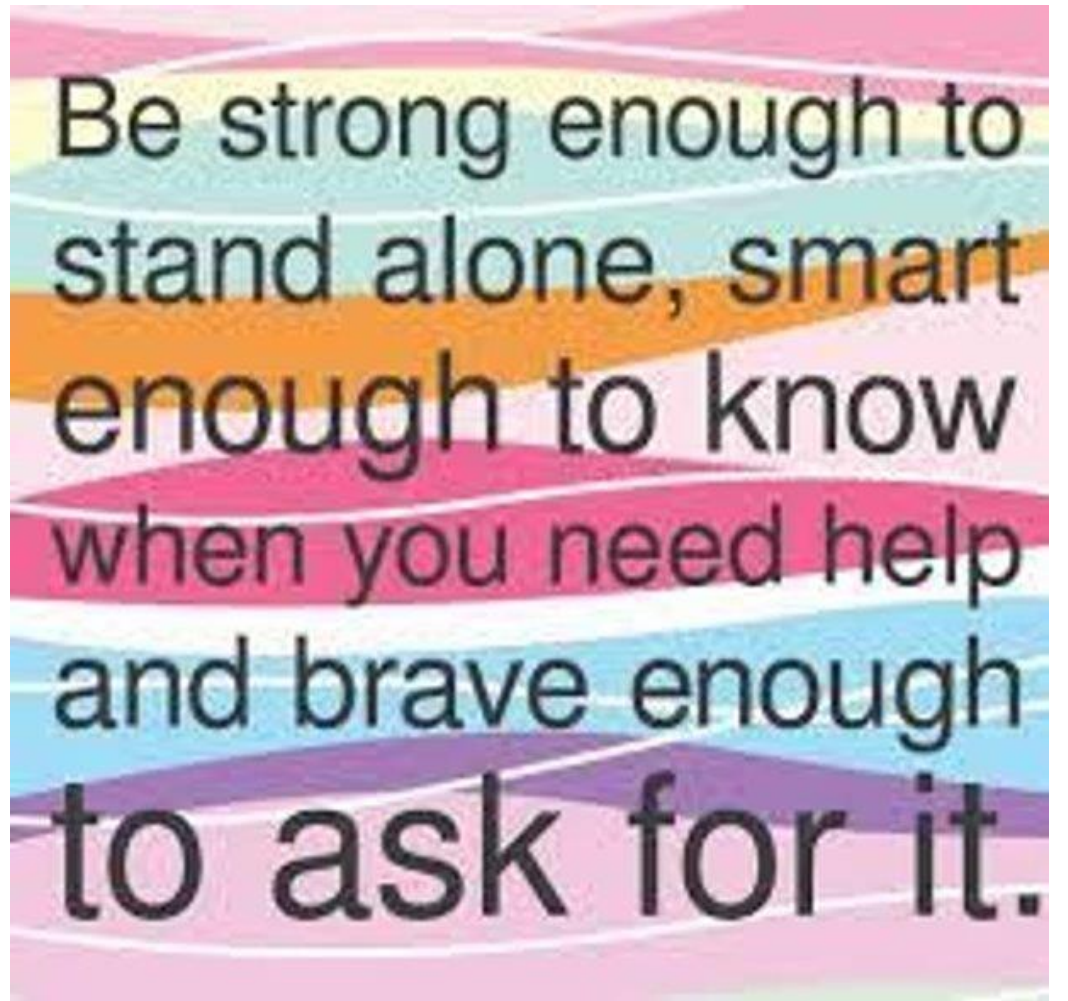
- Be physically active
- Talk to others - communication is key
- Take COVID breaks
- Practice mindfulness
- Don't try to control the uncontrollable
- Practice good relaxation and sleep habits
- Understand what works best for you

Ask For Help

“How do you feel after you help someone? If you are happy to help others and feel good doing it, do you also feel good about asking for help? If not, why not?”

“Some of us were raised to believe that helping others was a sign of strength but asking for help was one of weakness.

But do you actually think people who ask for help are weak? Probably not.”



Options for Support

Learn More:

Mental Health First Aid – Training & Support

CMHA National – Information on Mental Illnesses, Brochures

National Institute for Mental Health <https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

A Plan for Resilience: <https://wsmh-cms.mediresource.com/wsmh/assets/sra1wdqns28co88g>

Community Support

Mental Health & Addiction Services

PTSD Saskatoon Support Group

Family Service Saskatoon

211.ca

Adult Family Program