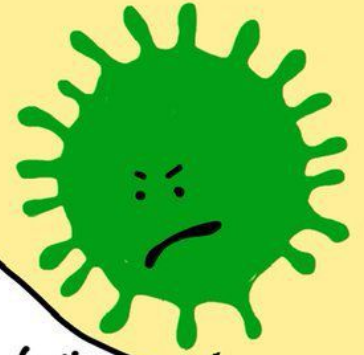
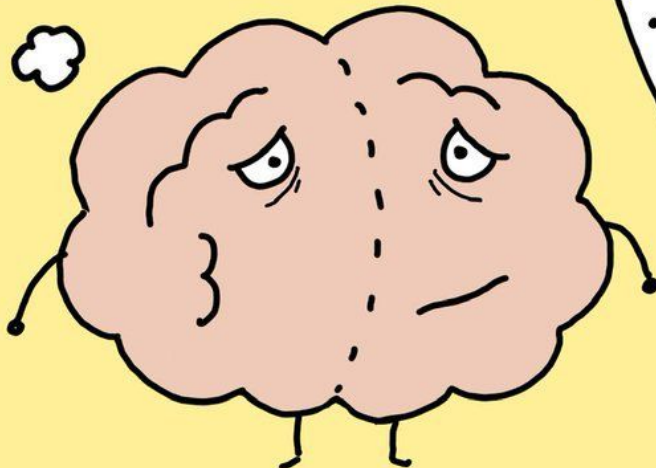


Pandemic Fatigue



I have no idea why I'm so tired



- I do!
I've given you nearly 2 years of...
- unpredictability
 - loss of anticipated plans
 - high risk and threat
 - stress - and lots of it
 - loss of coping strats
 - greater cognitive demands
 - ch-ch-ch-change
 - bad news