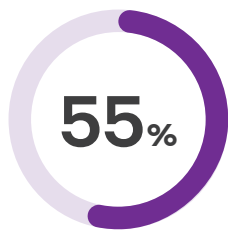


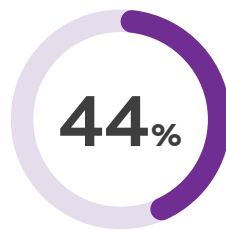
# BURNOUT

## AND THE PANDEMIC

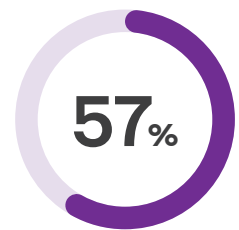
The past two years have been challenging. Life during the pandemic has affected our stress levels and our mental health. An October 2021 survey by Morning Consult showed the following effects of the COVID-19 pandemic.



55 percent of Americans reported a negative impact on their stress levels



44 percent noted a negative effect on their mental health



57 percent of parents said that they felt burned out or mentally exhausted

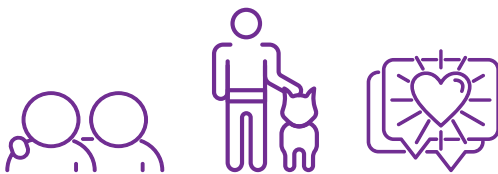
What can you do to protect your mental health and improve your ability to cope with stress? Here are some ideas that can help:

### 1 TAKE CARE OF YOUR PHYSICAL HEALTH

Getting enough sleep and exercise and having a healthy diet can help your body function better. And that can help improve your ability to cope with stress.



### SPEND TIME WITH LOVED ONES 2



Strong social ties with supportive people help you face life's challenges. Connecting with others can help you feel less stress during hard times. And sometimes having a good listener to talk to can make a big difference.

### 3 FIND A HOBBY

Engaging in a fun pastime can help reduce stress. It can also help you feel more creative and build resilience. A hobby can add a spark to your daily routine.



\*Burnout and Resilience: The Enduring Impact of COVID-19 on Mental Health — Insights and Recommendations 2022. Accessed March 2022.