



LET'S TALK ABOUT PANDEMIC FATIGUE AS A TEAM

The ongoing pandemic is proving difficult for many people's morale. Please take a few minutes to answer the following questions. Then, we will share your answers with the team.

In only one (1) word, how do you feel right now?

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What do you find particularly hard at the moment (health measures, family obligations, isolation, etc.)?

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What can the team do to better help you in this situation? Realistically, together, how can we change our daily work life to ease this stressful period?

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Name one positive thing being in this pandemic has done for you.

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What do you do on a daily basis to take care of yourself? What ideas could you share to inspire your colleagues?

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