



# 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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