MAYOR'S MINUTE – COVID FAIGUE

I'm tired of wearing a mask all the time and admit that I will forget to have one on until I walk up to doors and see the "reminder" mask required. I'm not alone and just want you to know you are not either.

COVID fatigue is real and it's dangerous. The state of this pandemic has reached the fatigue stage. Remember when we were all locked down, we found energy and pulled together as a community to fight this deadly virus. We were optimistic about soon returning to some normal state.

Now in our 6th month of uncertainty and for many a prolonged stress period the new fight is how to handle COVID fatigue. Our lives have been turned upside down and we're all tired of the rules, guidelines, closers, limited seating, etc. that we now deal with.

It is so very important that we don't let our guard down at this stage. I'm asking that you stay in this fight, pull yourself together and let's get through this.

You have heard this but please follow the guidelines put in place. Wear mask in public, social distance, limit social interaction outside, wash your hands and do everything you can to stay safe.

Phone your friends and talk, commination is vital in staying healthy, drive out to some gravel road away from everything and just breathe, watch the sunrise or sunset (without mask). I'm guilty of this but you need to exercise, they say that's the best medicine for this fatigue, and limit watching the news. I learned one thing during the West explosion, that the media LOVES NUMBERS and you see those numbers every newscast. Stop looking at the numbers all the time, hell that will depress anyone. We all know the virus is out there and many people are contracting it and dying from it. You don't need to know the exact number every single day, so limit your news intake. Look for good news, it's out there every day it just doesn't sell papers.

Let's all work on being more aware, get use to the mask (that includes your mayor) and with God's help we will all get through this together..

Stay Safe

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