



An Important Training Opportunity



Understanding & Managing Pandemic Fatigue *A Focus on Frontline Workers*

Pandemic fatigue is the exhaustion people are feeling with the changes to daily life resulting from the COVID-19 crisis. All people want is for life to return to how it was before. Pandemic fatigue is an accurate description of what many people are experiencing right now, but it's more than just being *tired*, it's even more than being *exhausted*.

Pandemic fatigue can explain why people are being less careful, going out more and social distancing less, even as the pandemic rages on and cases reach record numbers. Frontline workers who are up close and personal with possible exposure to the illness, as well as exposure to the powerful emotional impact on those affected by it, have many other sources of stress. Pandemic fatigue in frontline workers is complicated by other forms of stress not experienced by the general public. The general public is also not tasked with saving lives, so the effects of pandemic fatigue can also be more serious for those on the front lines.

Join us for this dynamic 75-minute webinar exploring pandemic fatigue, its causes, and countermeasures for individuals and organizations to mitigate its effects.

Date: January 14, 2021 **Time:** 1:00 – 2:15 PM

Registration is required and seating is limited. Register today at:

https://us02web.zoom.us/webinar/register/WN_d8_celcxTBGguK1r0Os7mA

Instructor: Steve Crimando, MA, BCETS, DRCC | Director of Training
New Jersey Department of Human Services
Division of Mental Health & Addiction Services
Disaster & Terrorism Branch