

Goodhue County Education Center COVID-19 Resources

Hitting a “Pandemic Wall”? Feeling exhausted or burnt out? *You’re not alone.*

11 Ways to Deal with Pandemic Fatigue

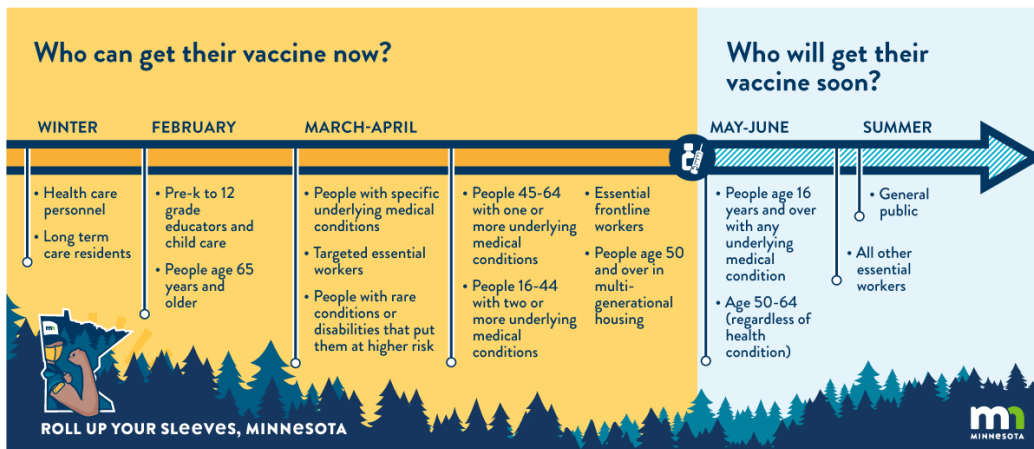
From Erin Bunch at wellandgood.com

1. Make a list of coping strategies, or simply things that make you happy.
2. Make changes to your to-do list by breaking large tasks into smaller parts
3. Make it a point to socialize
4. Install self-care measures around news consumption and social media use
5. Share your experiences, others will be able to relate
6. Look for small moments to enliven you; acknowledge the little things
7. Find safe ways to get out of your home
8. Do something that makes you feel more like yourself
9. Make plans for after the pandemic
10. Take control where you can, at a time when a lot is out of our control
11. Seek professional help

To read more, visit: <https://www.wellandgood.com/pandemic-burnout/>

COVID-19 VACCINE INFORMATION

General information about the vaccines: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>



Goodhue County information: <https://co.goodhue.mn.us/1403/When-Can-I-Get-a-COVID-Vaccine>

Pierce County information: <https://covid-piercecounty-wi.hub.arcgis.com/>

Wabasha County information: https://www.co.wabasha.mn.us/news_detail_T8_R23.php

Minnesota Vaccine Connector tool: <https://vaccineconnector.mn.gov/>

Stuck at home?

Check out these resources for ideas on keeping kids occupied at home:

Resource	What you'll find	Link
Activity Ideas for Kids During Covid-19	<ul style="list-style-type: none"> • Online learning activities • Academic and leisure YouTube channels for kids • Online stories, music, fieldtrips and more! 	https://blog.chocchildrens.org/activity-ideas-for-kids-during-covid-19/
Fight COVID fatigue with pandemic-friendly spring break activities with your kids	<ul style="list-style-type: none"> • Activity and theme ideas • Pay it forward ideas • Ideas for new experiences 	https://www.jsonline.com/story/life/wisconsin-family/2021/03/15/spring-break-2021-things-do-kids-during-covid/6815707002/
Virtual Experiences available 24/7	<ul style="list-style-type: none"> • List of ongoing virtual experiences • Can search by type, subject, age and region 	https://rochester.kidsoutandabout.com/content/virtual-experiences-available-247
Kids Out and About	<ul style="list-style-type: none"> • Today (and future) virtual classes for kids, teens, and adults 	https://rochester.kidsoutandabout.com/view/virtual-events

Ways to support your child's mental health:

- ❖ Talk with your child about the pandemic
- ❖ Reassure them they are safe, and that it is okay to feel upset
- ❖ Share with them how you deal with your own stress
- ❖ Keep up with regular routines
- ❖ Spend meaningful time together

Learn more at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

