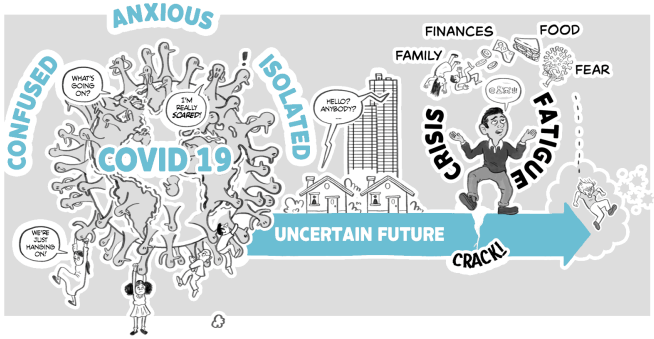
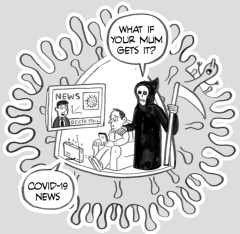
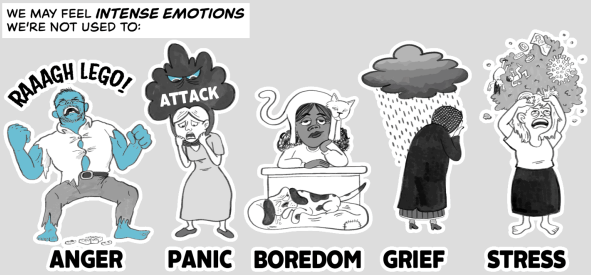
CRISIS FATIGUE

AND HOW TO DEAL WITH IT





WE MAY ***LOSE INTEREST*** IN LIFE OUTSIDE THE CRISIS



BEN RAMALINGAM
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ACKNOWLEDGE

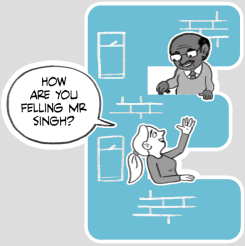
THE LACK OF CONTROL AND NEED FOR NEW WAYS OF COPING

COMPROMISE

ON THE THINGS WE WANT TO DO AND FOCUS ON THE THINGS WE CAN DO

CALM

OURSELVES AND OTHERS



EMPATHISE

WE ARE ALL FEELING THE SAME

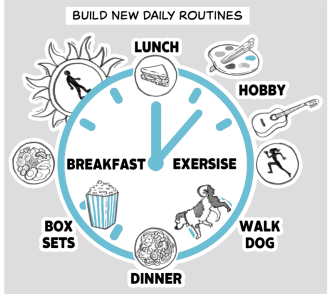
PARTICIPATE

WITH FAMILY, FRIENDS AND NETWORKS NEW AND OLD

TRUST

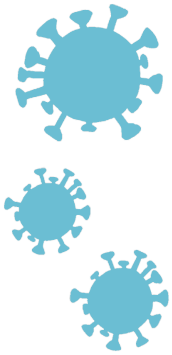
THAT WE ARE DOING OUR BEST

PETER WELLS



MAKE THE MOST OF ENJOYABLE DISTRACTIONS

TALK AND LISTEN OPENLY, DON'T BOTTLE IT UP



#MENTALHEALTHAWARENESS

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