

# HAS COVID 19 LOWERED YOUR IQ?

*Don't stand so. Don't stand so. Don't stand so close to me... The Police*

## WHAT TO KNOW!

- ❖ Intellectually, many people who have been quarantined:
  - ❖ don't feel mentally sharp
  - ❖ may have memory difficulties even for simple things
  - ❖ feel tired and lack mental energy
  - ❖ can't seem to organize their thinking and planning
  - ❖ have difficulty making decisions
  - ❖ don't feel like themselves
  - ❖ are focused on financial worries
  - ❖ are confused due to contradictory government and media reports
  - ❖ may be cognitively impaired through the use of alcohol or drugs
- ❖ People feel out of sorts as their routines have been displaced and the world as they knew it has changed; some people actually have grief reactions over this loss
- ❖ Quarantine fatigue refers to the exhaustion a person feels from having to stay at home
- ❖ It is characterized by irritability, boredom, stress, anxiety, depression, eating more or eating less, inability to sleep restfully, lack of motivation, and being on edge
- ❖ Quarantine fatigue is difficult to cope with but a completely natural response to the feelings of uncertainty and powerlessness brought on by the virus
- ❖ Fatigue from being quarantined is enhanced by the lack of in-person socializing that usually occurs at work, at places of worship, in dating, and in other meetups

## WHAT TO DO!

- ❖ Change your attitude; fight back against quarantine fatigue by being active and knowing that this will pass and things will get better
- ❖ Have a daily routine of showering, making your bed, getting dressed, accomplishing some tasks, exercising your mind, virtually socializing, and then relaxing
- ❖ Take virtual classes or visits to cultural institutions for intellectual stimulation
- ❖ Join an online book club or play different online games with friends
- ❖ Consider blogging, journaling, keeping a diary of daily thoughts and activities
- ❖ Eat well and prepare different meals
- ❖ Exercise even if you don't want to
- ❖ Go outside for walks or drives but keep your social distance
- ❖ Join an online charitable organization
- ❖ Practice self-care to include exercise, yoga/meditation, reading
- ❖ Seek professional help. Many therapists are practicing telehealth; having support, empathy, and personal growth can be invaluable during these times

## WE PRACTICE TELEHEALTH AND CAN HELP!

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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