

## Resiliency

Quarantine Fatigue is a new state of mind that most of us are feeling these days. We've listened to the stay at home order, we're wearing face coverings, only going out for essential reasons, social distancing. We're tired of all of this, or as they now say, we have quarantine fatigue. We can't remember what day it is. We want to enjoy the good weather, connect with friends and family. Please, please hang in there as the stay at home order is still in place and now it's mandatory you wear a face covering when outside your home. YOU ARE NOT ALONE.

### “You're Stronger Than Your Quarantine Fatigue”

From the New York Times, “This might be a good time to [learn a language](#), teach yourself a new home-based skill like [crafting or art](#), or to take one of the many online classes available in a host of disciplines. Not all of these activities have to be done alone. So, ask your friends, what are you all doing to stay sane inside, and can I (remotely) join you? If your only problems are boredom and cabin fever, consider offering support to people who have reasons to struggle even more with quarantine fatigue than you do. If you have friends who have lost jobs or live alone, pick up the phone and call them; they need you now. If you have the means, donate money to help with grocery or meal delivery for those who cannot afford it. Maybe offer to read a book over Zoom with a working mom or dad's child, to help them cope with the challenge of working and parenting.” [Click here for the full article!](#)

# Skills for Life During and After COVID-19



[Click here!](#) For a video from Cohasset resident, Trish Hart on Stress Management.

**Resiliency: The capacity to recover quickly from difficulties; toughness.**