

Pandemic Fatigue and Mental Health – SOUNDBITE TRANSCRIPTS

*****SOT*****

Cheryl Crowe, Vice President of Behavioral Health, OSF HealthCare

“Pandemic fatigue is really that we've existed in an environment where we've had certain restrictions that we had never had before. And I think our ability to maintain that is really waning at this point.” (:11)

*****SOT*****

Cheryl Crowe, Vice President of Behavioral Health, OSF HealthCare

“We're struggling because we have the desire to have those social connections, to get our normal life back again. So we tend to slip with our things like masking and being in smaller groups or staying out of a heavily public area. We're frustrated and we just want that normal back again. And so our ability to cope with those restrictions is a little bit strained at this point.” (:25)

*****SOT*****

Cheryl Crowe, Vice President of Behavioral Health, OSF HealthCare

“Mental health right now is probably more important than it's ever been in a lot of ways. Our lives have been so disrupted and changed. Our social connections have changed. Our fear and anxiety related to this has really driven up a lot of mental health challenges for us, so don't feel bad in reaching out to your primary care physician or seeing a therapist talking to the doctor about anxiety, depression and what you can do about it.” (:28)

*****SOT*****

Cheryl Crowe, Vice President of Behavioral Health, OSF HealthCare

“Those may be things we never thought we would need before, and it's a different time now. We've experienced through this pandemic a lot of grief and loss of our normal lives. And if that's something we need to get us back on track, then that's something to absolutely pursue because our mental health is just as important as our physical health.” (:20)