

Tips for overcoming mask fatigue

After many months of following recommended safety precautions, it's no surprise that many of us are experiencing mask fatigue. Here are tips to help improve your mental health while also maintaining your commitment to limiting the spread of COVID-19.

1

Focus on breathing. Take longer, slower breaths while wearing a mask.



2

Take breathing breaks. In a safe space, preferably outside, take your mask off and take two or three breaths using your belly.



3

Drink plenty of fluids. The nose is designed to take in moisture, but wearing a mask can make this hard, leading to dehydration and fatigue. So drink up!



4

Relax. Take time to stretch your body. Do shoulder shrugs, arm circles, side-to-side bending, and other simple movements that don't cause pain.



HealthPartners®
Park Nicollet®

healthpartners.com/coronavirus