

## Boredom and the Pandemic



Boredom may be the least discussed experience of the COVID-19 pandemic. The international response has affected where we go and what we can do, who we can be with or even hug. Restaurants are closed or stark and bare, and more movie theaters shutter every day. Boredom is normal, but pandemic-related boredom is a bit different. Research shows it can have

health effects, as it did during the 1918 Spanish flu. These can include behavioral issues, relapse of health conditions, worsening of compulsive-behavior disorders, negative thinking, depression, and even suicide. (Suicide rates increased during the 1918 Spanish flu.)

Source (1): [www.news.columbia.edu](http://www.news.columbia.edu) [search "why being bored"];

Source (2): [www.academic.oup.com](http://www.academic.oup.com) [search "covid suicide"]

## Don't Forget Flu Season

With all the attention on COVID-19, don't overlook getting a flu shot. Flu season usually starts around October and can run until the following May. It peaks in December and January. Fact: 35.5 million people got sick with influenza in 2019 and 34,200 died. 188 were children. You can discover locations and organizations that offer free flu shots by visiting [www.health.com](http://www.health.com) and searching "free flu shot."

Source: [CDC.gov](http://CDC.gov) [search "the flu season"]

## Hidden Stress Hazards of Remote Workers

If you work remotely, reach out for help before you begin "adapting" to potential stressors of your position in unhealthy ways. Don't let frustrations drag on. Research shows remote workers can face many unique challenges, including loneliness, inability to process stress with peers, irritability from interruptions at home, go-it-alone technology issues, worrying about completing tasks correctly, resentment from being unable to "switch off" from work to non-work, feeling frustrated at being unable to relax because of unfinished work only steps away, and parenting conflicts with guilt at being unable to attend to child needs.

Source: [www.academia.edu](http://www.academia.edu) [Search "psychological, teleworking"]

### UR Medicine EAP

315 Science Pkwy  
Entrance C  
Rochester, NY 14620

(585) 276-9110  
1-888-764-3456

### Email:

[EAP@urmc.rochester.edu](mailto:EAP@urmc.rochester.edu)

### Website:

[urmc.rochester.edu/EAP](http://urmc.rochester.edu/EAP)