

Dr. Michael Dadson: How to Cope with “Crisis Fatigue” During Pandemic

Pervasive Atmosphere of Stress, Fear, Anxiety Lingers with Prolonged COVID-19 Restrictions

LANGLEY, BC, CANADA, October 13, 2020 /EINPresswire.com/ -- Dr. Michael Dadson is a registered clinical counsellor and Senior Clinical Director of Practice at Gentle Currents Therapy and Neurofeedback, in Langley, British Columbia. [Dr. Dadson primarily counsels](#) clients with anxiety, depression, and post-traumatic stress disorder (PTSD), with a focus on couples counselling, first responders, and male mental health.

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Dr. Michael Dadson

“Crisis Fatigue” affecting society around the world as COVID-19 restrictions continue

[Mental health experts](#) are beginning to discuss the phenomenon of “Crisis Fatigue” in all walks of life and

around the world, as coronavirus restrictions continue with no relief in sight for 2020. Since early this year, stress, fear, and anxiety related to health, economy, and social life have been part of everyday life for people around the world, without respite.

“Crisis Fatigue” results from a prolonged, uninterrupted period of hypervigilance, stress, and fear of danger. Although not an official psychological diagnosis, “Crisis Fatigue” effects can look very much like depression, anxiety, even PTSD (post-traumatic stress disorder) and include irritability, exhaustion, heightened emotion, feelings of despair, and sleep problems.

According to Dr. Michael Dadson:

“When a person’s stress levels are maintained at very high levels for sustained periods, there are psychological, sometimes physiological, consequences. Humans have evolved to use short bursts of fight-or-flight stress levels for survival, and most people have no ill effects from occasional stress. It can be very unhealthy, though, when high stress levels become chronic due to outside influences. That is what many veterans endure and often it takes therapy for them to recover.”

Canadians have experienced major changes in their employment, social lives, and most of their

daily routines this year, from shopping or paying taxes to getting a haircut. Television and Internet news can be a constant barrage of warnings and new dangers and disasters, exacerbating existing anxieties.

Dadson advises:

“Try your best to develop and stick to a structured routine, even if you have lost your employment, even if you have had to move, even if your world seems upside down.

- Keep your relationships as nourished as possible.
- Try any kind of meditation, yoga, or breathing exercise to promote calmness.
- Turn off the TV if it is causing you stress.
- Reach out for help if you feel completely overwhelmed.
- Above all, remember that old adage, ‘This too shall pass.’”

Dr. Michael Dadson’s certifications include:

- Crime Victims Assistance Counsellor
- Certified QPRT Suicide Risk Assessment and Management
- Certified Observed and Experiential Integration (OEI) Therapist and Trainer
- Sensorimotor Psychotherapy Level One and Level Two
- Enactment Therapy Level One and Level Two
- Accelerated Experiential Dynamic Psychotherapy Level One
- Certified Myers-Briggs Personality Type Assessor
- Certified Strong Interest Inventory Assessor

ABOUT:

Dr. Michael Dadson, Ph.D.
Langley, B.C.

Title: Senior Clinical Director of Practice, Gentle Currents Therapy - Counselling and Neurofeedback Therapy

Bio: <https://www.michaeldadson.com>

Email: info@gentlecurrentstherapy.com

Website: <https://www.gentlecurrentstherapy.com>

YouTube Channel: <https://www.youtube.com/channel/UCLnx2V8zK9VEg60V5NH2fDQ>

EXPERTISE:

Specializing in trauma, anxiety, and depression, Michael Dadson, Ph.D., is a registered clinical counsellor and Senior Clinical Director of Practice at Gentle Currents Therapy, a Langley, B.C.-based counselling clinic. With expertise in trauma, stress, anxiety, and discrimination, Dadson’s

clinical counselling can talk about the mental health impacts of anxiety about coronavirus and social isolation, how to handle anxiety about the coronavirus, and how to address issues related to helping children deal with traumatic events.

Michael Dadson has provided clinical treatment to individuals with a range of diagnoses, specializing in trauma and PTSD, anxiety and depression, male psychology, and relationship counselling for adults, adolescents, and children.

Michael Dadson and his wife, Jeanette Dadson, have also been assisting children with special needs and their families for over 30 years. As a Level III (3) therapeutic foster parent, Michael Dadson has worked with special needs foster children, and has been contracted through Intensive Child Care Resources Vancouver (ICCR). As a therapeutic foster parent, Dadson has lived and worked with Caucasian, Afghanistani, and First Nations children who have ADHD, Asperger's Syndrome, FASD, major brain injuries and strokes.

Contact Registered Clinical Counsellor Michael Dadson today for information, advice, and insights on COVID-19 mental health implications, risks, community response, and talking to children.

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Crisis Fatigue:

1. <https://www.healthline.com/health-news/overwhelmed-and-stressed-why-you-may-be-feeling-crisis-fatigue#What-can-you-do-about-it?>
2. <https://www.wired.com/story/crisis-fatigue/>
3. <https://www.stress.org/overwhelmed-and-stressed-why-you-may-be-feeling-crisis-fatigue>
4. <https://theconversation.com/coronavirus-and-the-politics-of-crisis-fatigue-134702#:~:text=It's%20the%20tiredness%20that%20comes,repeated%20narratives%20of%20impending%20doom>

Dr. Michael Dadson

Gentle Currents Therapy Counselling and Neurofeedback

+1 778-554-0174

[email us here](#)

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