

COVID-19 HASN'T VANISHED BUT MY JOB HAS

#menshealthweek

**MEN'S
HEALTH
WEEK**

2021



Today's Covid world is different.
It's normal to feel different too. As
society opens up, we
need to open up
too. **Let's all talk.**

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I'VE NO SUPPORT WITH MY LONG -TERM CONDITION

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COVID-19 HAS HIT MY POCKET HARD. NOW I'M SKINT

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I FEEL STRESSED JUST GOING OUT FOR A PINT

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I'VE GOT
INTO SOME
HABITS I
DON'T LIKE
IN LOCK
DOWN

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I LIKED
WALKING
IN LOCK
DOWN BUT
NOW I'VE
NO TIME

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I LIKED
READING
IN LOCK
DOWN BUT
NOW I'VE
NO TIME

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I'M UNDER
PRESSURE
TO DO
THINGS
I DON'T
WANT TO

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I KEEP THINKING ABOUT THE PEOPLE I LOST TO COVID-19

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WE CAN'T
PRETEND
COVID-19
DOESN'T
EXIST. IT'S
FREAKING

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NOW I CAN
GO OUT,
I SHOULD
BE HAPPY
BUT I FEEL
LIKE CRAP

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I'M SO
DESPERATE
TO MAKE
UP FOR
LOST TIME,
I'M HYPE

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I'M EVEN MORE ADDICTED TO MY SMART PHONE

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I KNOW
I'M TAKING
TOO MANY
RISKS BUT
I CAN'T
STOP

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I'M FRETTING ABOUT NEW COVID-19 VARIANTS

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I DON'T THINK IT'S SAFE TO START TO TRAVEL AGAIN

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I'M STILL STRESSING ABOUT INFECTING MY FAMILY

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I'VE GOT
ALL MY
OLD
HASSLES,
PLUS SOME
NEW ONES

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I CAN'T
HONESTLY
TELL A
SOUL HOW
I FEEL
INSIDE

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