

Wellbeing Information & Tips



Ed. 17. 22nd October 2020

Managing Your Mental Health Whilst Recovering From Coronavirus

This year we have all been impacted by the unprecedented Covid-19 pandemic and many of us have experienced and continue to experience physical and mental health challenges.

In this edition we focus on how we can manage our mental health if we or someone we know is recovering from coronavirus. The virus affects everybody differently, and the evidence is telling us that most people who contract coronavirus will experience a mild infection and recover quickly, but for some there may be longer term effects and the recovery process may take longer.

As with recovery from other physical health conditions there are some things we can do that could help both our physical and mental recovery from coronavirus.



- Eat a balanced diet
 - Keep physically active
 - Set achievable goals
 - Set routines and get regular sleep
 - Stay connected with others
- Seek help and support

We know that physical health and mental health are intrinsically linked and that after a serious illness it is common to experience 'low mood', anxiety and memory and concentration difficulties. **The information below can be applied to other serious illnesses as well as coronavirus.**

- **Low mood** is a common symptom following a serious illness and can affect the carer as well as the patient. Feeling sad and tearful, irritability, losing interest in activities, finding it difficult to make decisions, lacking in energy and disturbed sleep are all linked to low mood. Managing these symptoms is a big part of your recovery process and you can find some useful information and guidance here [Effects On Your Mind | Your COVID Recovery](#)
- Taking care of your **mental wellbeing** is also an important part of your recovery. There is some useful information, tips and strategies on how you can do this on the **National Mind** website which includes what you can do if you have to stay at home for a period of time: [Coronavirus and your wellbeing](#). And of course all of our [tips sheets](#) have ideas and resources in them too.
- **Fear and Anxiety** after a serious illness is a normal reaction even though you are feeling better physically, you may still feel fearful and anxious. [Managing Fear and Anxiety | Your COVID Recovery](#) provides reassurance, tips and ideas on how you can manage your anxiety and fears as you continue on your recovery.
- You may need some **reassurance and information** about how to reintroduce physical activity safely and this short animated film created by the Chartered Society of Physiotherapy may help [Covid-19: the Road to Recovery](#)
- Some people experience longer term effects such as **low energy or fatigue**. The Royal College of Occupational Therapists has produced this document to help you recover if you are experiencing post viral fatigue. [Recovering from COVID-19: Post viral-fatigue and conserving energy - RCOT](#)
- How about taking a short course to help you with managing your health and wellbeing? [The Living Well Programme](#) offers free self-management courses designed specifically for people living with any long term health condition and could help you if you are recovering from coronavirus too.

And finally...

Look out for information on our website to mark 26th Advocacy Awareness Week to 30th October.

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

Next edition: due out 5 November

