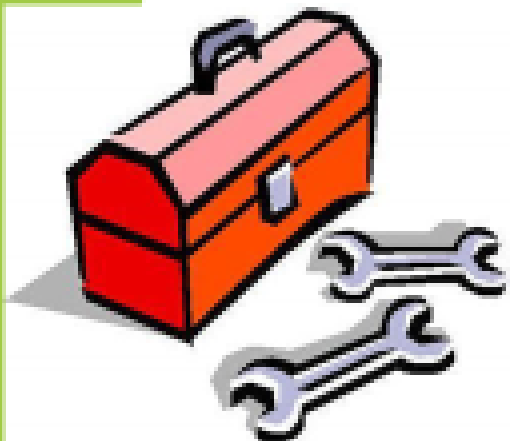




Long Covid Self Management Tool box



Week 1- Positive Mindset and Change



Solution focused mindset



The cycle of change: small changes lead to big changes, turning vicious cycles into virtuous cycles



Mindset of self-compassion



Mindfulness practice



Week 2 Dysautonomia, PESE, Activity

Bottom Up



Breathing
control



Hydration



Diet



Activity balance



Compression



Physical counter
measures



Sleep hygiene

Top Down



Meditation /
mindfulness / Yoga



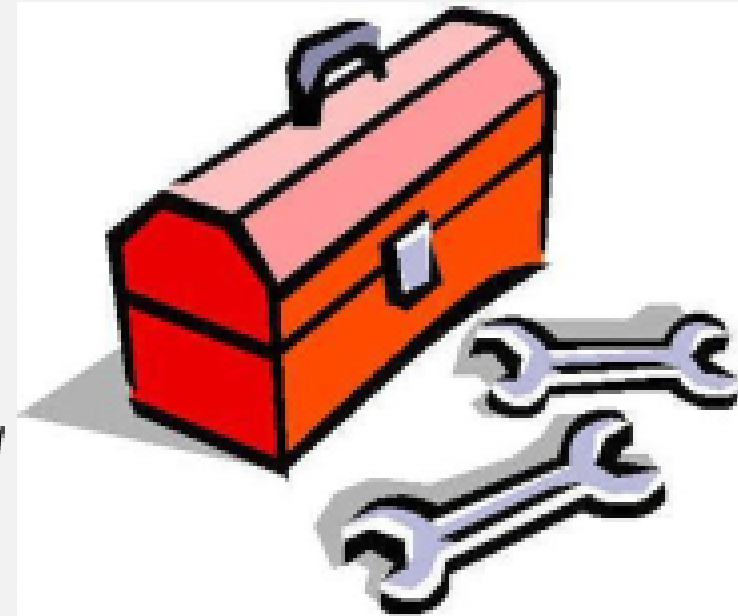
Education



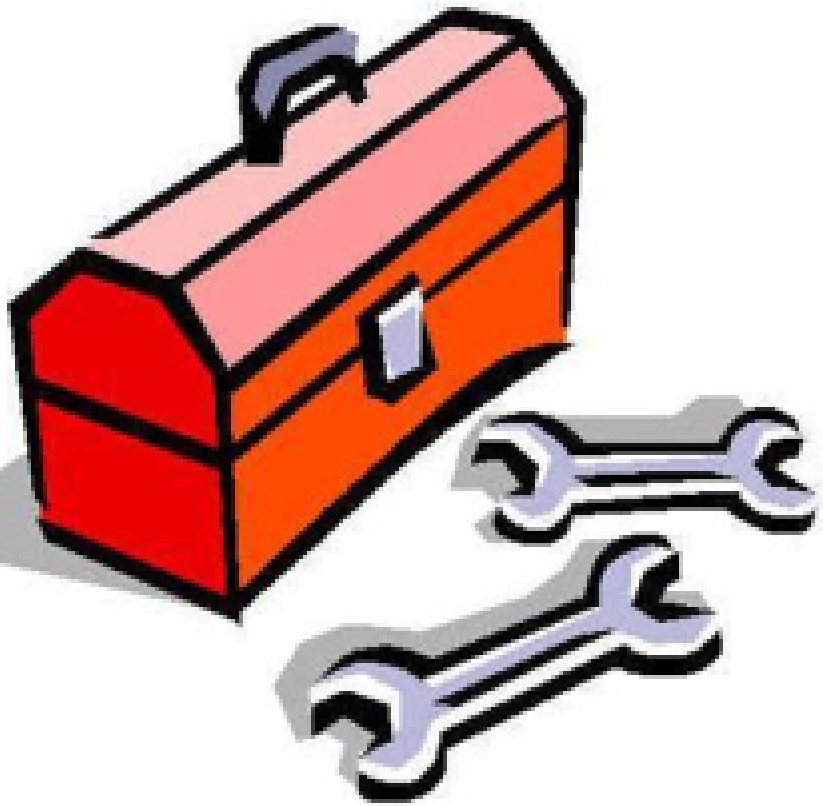
Reducing anxiety
of condition

SELF-MANAGEMENT TOOLBOX

- Improved understanding of Fatigue.
- Improved awareness of energy.
- Acceptance exercises that promote realistic thinking and encourage self-management skills.
- Awareness of the benefits of an activity diary and how to complete.
- Skills to make small changes applying energy conservation strategies.



Self-management toolbox



- **Breathing exercises**

 - Diaphragmatic breathing

 - Blow as you go et

- **How to apply energy conservation.**

- **How to use different activities to help your breathing and links to local groups.**

- **Use mindful breathing**

- **Recognise the link between your emotions and thoughts**



Week 5 Brain Fog

- ▶ The Bucket and Water analogy
 - ▶ Strategies to improve attention
 - ▶ Memory Strategies
 - ▶ Executive Function strategies

Week 6 Fatigue And Sleep

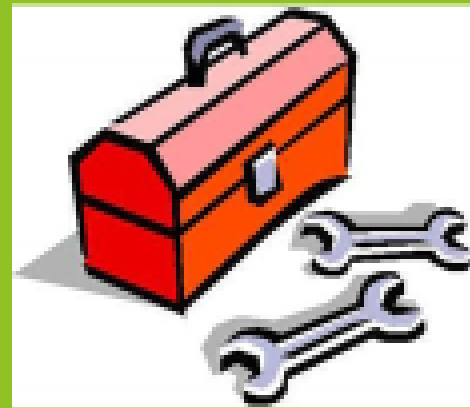
How to break the boom and bust cycle

- The 5 Ps principle

The power of no

Sleep

- Imagery
- Muscle relaxation
- Supportive Apps: sleepio, better sleep
- Putting the day to rest
- Thought blocking
- The 15 minute rule



Understanding your stress

Journalling/mood diary

Worry tree

Talking with someone

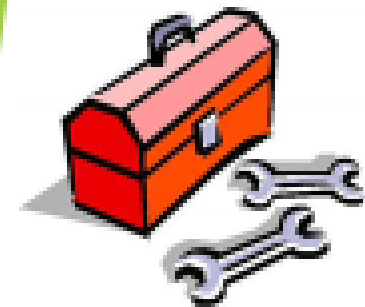
Coping with Stress

Grounding techniques

Breathing exercises

Relaxation e.g. Inner Smile relaxation





Week 8

Planning for the future



Remember the Corona Coaster



Clarity on your options with regards to your rights at work



Set your goals as well as your setback plan



Summary of all the Tools and strategies you have learnt over the 8 weeks



Resource list of available support regarding work and finances