

Tips to manage fatigue after COVID-19

Be kind to yourself

After being unwell, it is understandable that recovering might take a while. This is normal and not your fault. Try to accept that you might not be doing as much as before and instead reward yourself for what you can still do.



Pace yourself

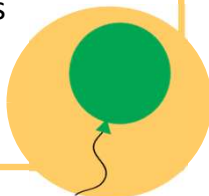
When fatigued, it can seem scary to start activities again or we can feel pressure to catch up quickly on the things we missed. Remaining inactive or pushing ourselves too hard can both be unhelpful.

Gradually increase how much you are doing based on your current energy. When doing a task, stop before it starts to feel too difficult. Remember to plan fun and rest into your day not just chores!



Take time to relax

Plan in time to sit without distraction and focus on taking deep, slow breaths. Breathe deeply so the air comes from the bottom of your lungs like you are filling up a balloon. This can help you to relax and restore energy.



What is fatigue?

A feeling of exhaustion which stops you from doing the activities you normally would. Many people have experienced this after having COVID-19. Feeling fatigued can continue after the virus is no longer active.

Talk about it

Speaking to others with similar experiences and to friends and family can be a great way of getting support. It can help them understand how you are feeling and how they can help you.



Manage negative thoughts

It is normal to worry about when you will be better or about the jobs you haven't done. Use mindfulness to attend to the present moment including the sights, colours and noises around you. This can help thoughts feel less overwhelming by changing your focus.

Writing down a more positive alternative to a negative thought can also help. For example replace the thought "I will always be tired" with "my body is resting to repair itself."



Get a sleep routine

It can be tempting to try and grab sleep whenever possible but this can make it harder to sleep at night leaving you tired the next day. Limiting naps during the day and having a regular bed and wake time can improve sleep and aid recovery.

