

# Long Covid & Mental Health

Multiple long-term effects on your mental and physical health can result from prolonged COVID. It's critical to prioritise your mental health since it will enable you to deal with your physical challenges more effectively. This could make it easier for you to concentrate on your relationships, daily tasks, level of life happiness, and yourself.



Help long-term COVID patients by providing them with mental health resources, skills, and approaches that have worked for others. However, keep in mind that not everything will work for everyone and that the information in this guide should only be used as a recommendation rather than a legally mandated prescription.

## Breathing Exercises

### NHS Exercises

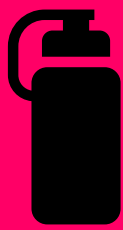
1. Take a seat in a comfortable position and take a deep breath; your stomach should growl with each breath.
2. For three to five minutes, count three to five seconds for each breath, or however long is comfortable for you.
3. Try not to pause in between.



## General Mental Health Recommendations

### Diet & Supplements

People with Long COVID are more likely to develop post-traumatic stress disorder, or PTSD. According to studies, the severity of your condition has little bearing on the presence of PTSD. If you think you could be suffering from PTSD symptoms, see your doctor and go over the suggestions below.



Drinking 2 – 3 litres of water per day

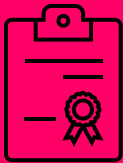


Cutting down on caffeine and alcohol



If you can only eat tiny amounts, a multivitamin and mineral supplement might be helpful.

### Exercise/Pacing



Mapping out the amount of energy (high, medium, low) certain activities require.



Balancing using your energy for essential and pleasurable activities



Keeping an activity diary (keeping a diary of your daily exercise and activities)

### SLEEP

You need to get enough sleep for good mental and physical health. According to recent studies, sleeping too much at night does not usually alleviate the symptoms of long-term COVID-19. Additionally, napping during the day may prevent you from falling asleep at night.

Try:

- Not spending too much of your time in bed
- Listening to your body
- Finding ways to rest besides sleeping
- Small regular moments of rest.

Exercising in tiny doses can help release endorphins, which have been shown to reduce pain, boost mood, and enhance memory and focus.