

Remember

NATURE KNOWS BEST,
SO FOLLOW OUR TIPS FOR
RECOVERING FROM COVID-19



TIP #1

**BE
NOT
AFRAID.**

TIP #2

**BE KIND
TO
YOURSELF.**



TIP #3

**REST UP,
SLEEP IS
MAGIC.**



TIP #4

**THINK
TORTOISE.
IT'S A MARATHON,
NOT A SPRINT.**



TIP #5

**MOVEMENT
IS THE
FOOD
OF LOVE.**



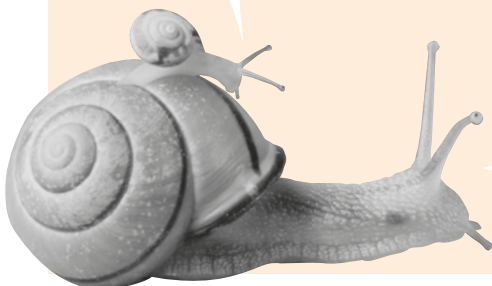
TIP #6

**IT WON'T
BE EASY,
BUT YOU WILL
GET BETTER
AT IT.**



TIP #7

**YOU'RE NOT
ALONE,
EVEN IF YOU
ARE ALONE.**



TIP #8

**KEEP
LISTENING.**



THIS MESSAGE HAS BEEN BROUGHT TO YOU BY

Moving
Medicine 

HANDY TIPS FOR RECOVERING FROM COVID-19



TIP #1

BE NOT AFRAID.

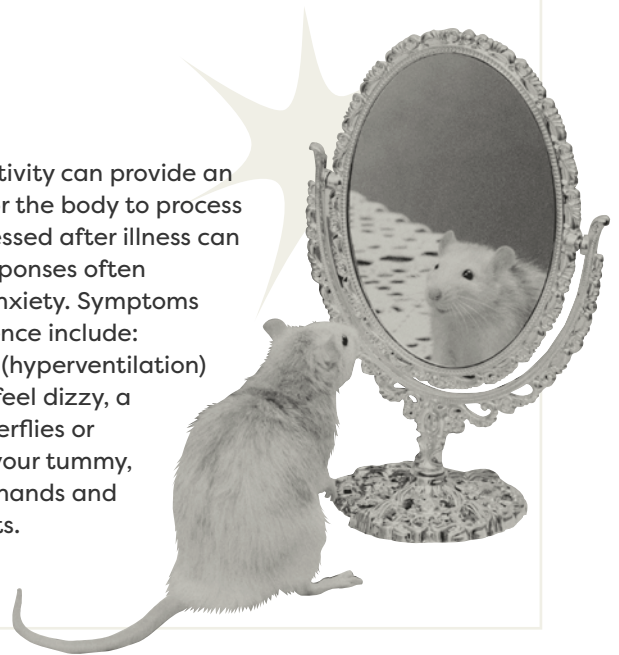
- ★ Evidence from working with people that have been really sick shows that increasing physical activity gradually after a coronavirus infection is safe and important.
- ★ Gentle body movements and deep breathing may be all your body feels it can do, which is a great place to start.
- ★ These tips have been developed by doctors and medical experts at Moving Medicine, part of the Faculty of Sport & Exercise Medicine.



TIP #2

BE KIND TO YOURSELF.

- ★ It is normal to feel tired, weak, unmotivated, anxious and even depressed, as well as much less fit than you used to after a coronavirus infection.
- ★ Start small and build gradually. Don't expect your body to do what it used to be able to do immediately.
- ★ Your recovery will be up and down – there will be better days and worse days so try not to feel down on the bad ones.
- ★ Regular gentle activity can provide an alternative way for the body to process stress. Feeling stressed after illness can cause physical responses often associated with anxiety. Symptoms you might experience include: breathing quicker (hyperventilation) which makes you feel dizzy, a racing heart, butterflies or sinking feeling in your tummy, cold and clammy hands and feet, or cold sweats.



TIP #3

REST UP, SLEEP IS MAGIC.

- ★ Plan in rest. This is really important to allow repair, you'll need more rest to start with.
- ★ Your sleep routines may be upside down and your body is likely to feel tired. Try to get up at a regular time and allow yourself short naps during the day, but keep the bulk of your sleep for the night time.
- ★ Mix activity with regular rest periods. As your energy improves, you'll find you need fewer rest periods throughout the day.



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TIP #4

THINK TORTOISE. IT'S A MARATHON, NOT A SPRINT.

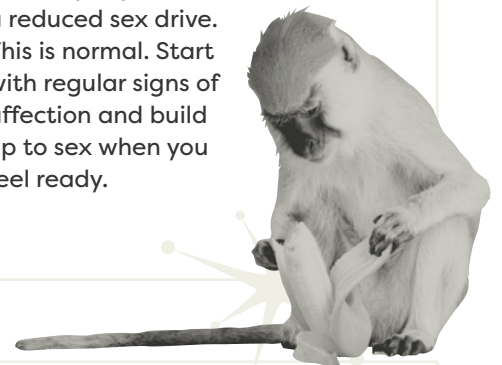
- ★ Building regular activity into your daily routine helps your body get back to normal following your illness with coronavirus.
- ★ Don't expect to return immediately to your normal levels of activity. It will take time to build up.
- ★ Pace yourself: Do a bit more than you feel like on harder days and do slightly less on better days. This helps avoid boom/bust cycles that can make you feel great one day then terrible the next.
- ★ Spread small amounts of activity throughout the day to help stop you feeling exhausted.
- ★ Try not to compare yourself to how you were before you were ill – instead compare yourself to how you were last week.



TIP #5

MOVEMENT IS THE FOOD OF LOVE.

- ★ A regular healthy diet is an essential part of recovery for repair, healing, building strength and energy.
- ★ Eat small meals when hungry and don't rush your eating.
- ★ Your illness was stressful for you and those who love you. Talk about how you're all feeling after your illness.
- ★ Spend quality time with the people who bring you happiness.
- ★ You may experience a reduced sex drive. This is normal. Start with regular signs of affection and build up to sex when you feel ready.



TIP #6

IT WON'T BE EASY, BUT YOU WILL GET BETTER AT IT.

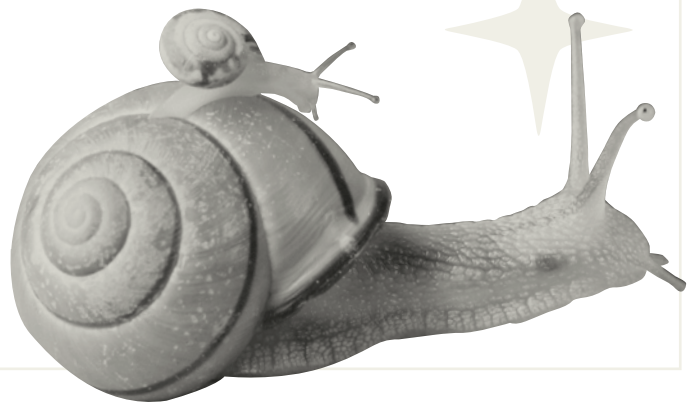
- ★ Judge how hard you should be exercising by how well you can talk - aim for a level where you feel warmer and are breathing faster, but can still talk in short sentences.
- ★ It is good to work on your breathing after coronavirus particularly if you are feeling more short of breath than normal.
- ★ You'll probably notice that your heart pumps a bit harder and faster and/or you feel more short of breath than the 'normal you' when doing familiar activities, so be guided by these feelings rather than the amount of activity you are doing.
- ★ Muscles take time to adapt and recover. Regular strength and balance exercises can help you regain your normal function quicker.
- ★ Moving your joints will help reduce the stiffness from being immobile or in bed whilst unwell.

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TIP #7

YOU'RE NOT ALONE, EVEN IF YOU ARE ALONE.

- ★ Involve family and friends in your road to recovery - they could help you set your easily-achievable targets and goals, congratulate you when you do, and even take part in physical activity with you - in person or online.
- ★ Share these tips with the people around you, so they can help you work your way back to your normal self.
- ★ Talk to those around you when you're feeling low. You might feel irritable, tearful, lethargic, sad and less interested in things - this is a normal reaction to being seriously ill. It will take time to recover psychologically as well as physically.
- ★ If you're feeling low and struggling to become less tearful talk to your GP or other healthcare professional about it.
- ★ If you're worried about starting to do more physical activity, reach out to your medical team who may be able to refer you to a specialist rehabilitation service.

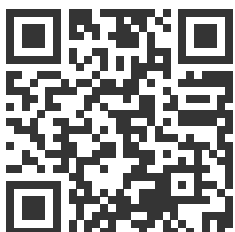


TIP #8

KEEP LISTENING.

- ★ Listen to your body - if you experience a sudden onset of rapid palpitations or irregular heartbeat, a reduction in exercise capacity, dizziness, severe breathlessness or chest pain - stop exercising and if it doesn't settle quickly, get a medical review.
- ★ Listen to official advice - continue to follow sensible social distancing advice in line with your local recommendations.

Stay safe!



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