



DEALING WITH ANXIETY AND GLOOM AFTER COVID-19

The illness you have been through can affect your mood; your emotions and thoughts. These on the other hand can have a lot of influence on your ailments. Thus, it is important that you understand that your mood and ailments have a strong influence on each other. This will allow you to learn to deal with this in a proper way.

01

Acknowledge

It can be very frustrating if your fitness level and muscle mass are much less than you were used to before COVID-19. Recognizing and accepting emotions and thoughts makes it easier for you to deal with them. You may be sad or angry from time to time. This is quite normal when you are affected by a serious illness. Try to observe what these emotions do to your body. Unpleasant feelings can result in tense, shallow breathing, which in turn can make you feel more tired and short of breath when exercising.

02

Stay active, but don't be rushed

Keep engaging in activities despite feelings of fatigue or tightness. Think of activities that give you satisfaction and pleasure, such as: doing something in the household, drawing/painting or maintaining social contacts. These activities provide distractions and give you the opportunity to have pleasant experiences. This way you will experience your situation a little more positively, which in turn can have a beneficial effect on your emotions, thoughts and complaints.

03

Exercise

In addition to your symptoms, anxiety about shortness of breath or palpitations can make you feel less inclined to, for example, go for a walk or a cycle ride. Still, especially if you feel anxious or gloomy, it is advised that you exercise regularly. Exercise will result in your body producing substances which can make you feel better. After all, people are made to move. Exercise also improves your fitness and has a positive impact on sleep quality. A good night's sleep is important to be able to deal with unpleasant feelings and recover well from that day's efforts.

04

Relax

In addition to physical activity, breathing exercises, relaxation exercises or yoga and mindfulness can also help you relax. These activities can help you to learn to release negative thoughts and tensions.

This in turn can have a positive impact on your breathing and energy.

For example, you can take a walk and fully focus on your surroundings: the trees, the grass, the sun, the clouds, the bird sounds.

05

Share your feelings

It is important not to bottle up your problems, fears and insecurities. Try talking and sharing your thoughts with a trusted person in your area. This can bring relief.





06

Follow your normal daily routine as much as possible

Try to pick up your normal daily routine as soon as possible, but take enough short moments in between to recover. Follow your normal bedtimes, get dressed, get out of bed or your chair regularly, eat at the table and try to do some walking. This will improve how you feel.

07

Recognize negative emotions

To observe and track how your feelings are related to your fatigue or shortness of breath, you can keep track of the activity, your mood and the level of your ailments every day for a week or so. Remember that you can actively try to recognize and redirect your unpleasant emotions and thoughts yourself. Try to shift your focus to positive things and pick up activities that you enjoy. This way you can distract your attention from your ailments and unpleasant feelings. In addition to shifting focus, it can help you to accept that it will take you a while to recover. It's normal to have difficulties with this.