PRACTICAL STEPS FOR COVID-19 RECOVERY

SLOWLY INCREASE ACTIVITIES

You may still feel very tired as you are recovering but slowly try a small amount of light activity that is manageable (probably less than you think) with regular rest breaks. Be aware that you might feel more tired or sore the next day. Go slow and steady and avoid pushing yourself too far. Be realistic and kind to yourself!

REST

Your body still needs rest to continue to heal, so take short breaks throughout the day, even if you think you don't need to. Stop and do nothing, take deep breaths, and relax. Try to keep a regular nighttime sleep schedule where you go to bed and wake up at approximately the same time each day.

DAILY ROUTINE

Routine helps your body to stabilize itself. Slowly resume your routine for sleeping, eating, and other daily acitvities. Set realistic goals to gradually return to your normal routine. If you're having trouble sleeping check out the tips and advice from The Sleep Foundation

"THINKING" ACTIVITIES

Everyday "thinking" activities like emails, planning shopping, and making decisions can make you tired. Try to do them during set times and take regular rests as needed.

WORK

You may need longer time off work than you first thought. A slow return works best and should be planned with your manager. You may need a note from your doctor. Try to avoid returning to work too soon and without adjustments you might need to manage your tiredness.

HAVE FUN!!

Remember the fun things in life. Often people only prioritize the things that seem necessary as they return to their daily routines but it's important to also make time for fun. Allow others to help you with day-to-day tasks so you can save energy for the activities you enjoy!

WHAT IF I'M NOT IMPROVING?

If after building up the pace of your daily activities, you don't see any improvement in what you can do, then you should seek medical advice by speaking to your regular doctor.