

Recovering from the Covid -19 virus

You may feel:

	<p>TIRED</p>
	<p>OUT OF BREATH</p>
	<ul style="list-style-type: none">• WEAK OR STIFF
	<ul style="list-style-type: none">• WORRIED, TEARFUL OR FED UP

FEELING TIRED

- You may feel different hour to hour and day to day. Take rests when you need to.
- Try some gentle exercise a few times a day and take rests in between.
- Take your time doing things – set small goals.
- Eat and drink well. Have something at every mealtime even if you don't feel hungry.
- Contact the **Community Learning Disability team** if you are having problems swallowing or if you have lost a lot of weight.
- Break down tasks into chunks and rest in between.
- Talk to someone from the **Community Learning Disability Health Team** if you are having trouble sleeping.

FEELING OUT OF BREATH

- Sit down and rest if you get out of breath.
- Sit leaning forwards with your shoulders relaxed and arms supported or lie on your side propped up with pillows.



- Close your eyes and take slow deep breaths. Feel your ribs moving out at the sides.
- Try to stay calm, it will pass.
- Any activity can make you out of breath so break tasks up into chunks and rest in between.
- Talk to your **Doctor** if you are out of breath when you are resting or if being out of breath is affecting daily tasks such as eating or dressing.

FEELING WEAK OR STIFF

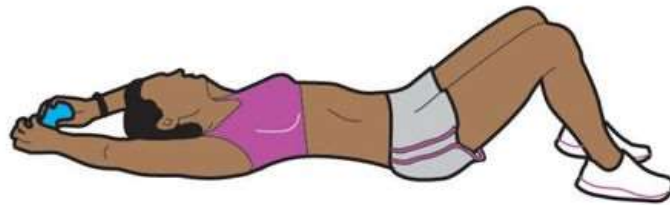
- You can do simple exercises while you are lying down, sitting in a chair or standing up. (some examples coming up)
- Start slowly and just do a few minutes of exercise then rest.
- Exercising after a bath can help if you are stiff.
- If you get out of breath, stop and rest.
- Try and do a little bit more every day until you get back to what is normal for you.
- Short walks, housework and going up and down steps are all good ways to exercise as you start to feel better.
- Talk to the **Community Learning Disability Health team** if you need any help with exercising.

5 Exercises to do Lying down

1. Turn your head side to side. Slowly.



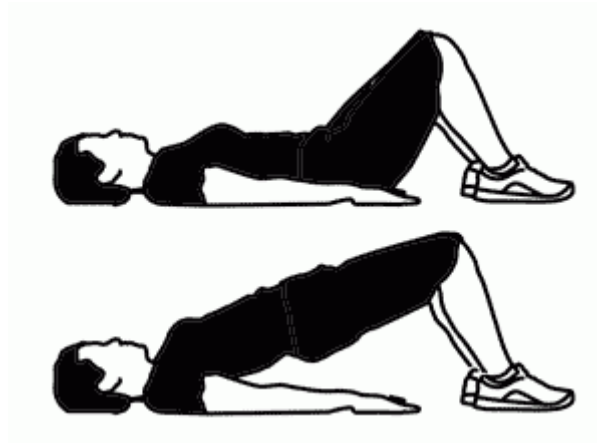
2. Raise your arms above your head.



3. Take your knees side to side.



4. Lift your bottom off the bed, count 3, slowly lower.



5. Roll over to one side then the other.



5 Exercises to do when sitting down

1. Raise your arms above your head.



2. Bend and straighten each leg.



3. Lift and lower each leg.



4. Turn to one side then the other.



5. Move your foot in a circle one way then the other.



5 Exercises to do when standing.

1. Raise your arms above your head.



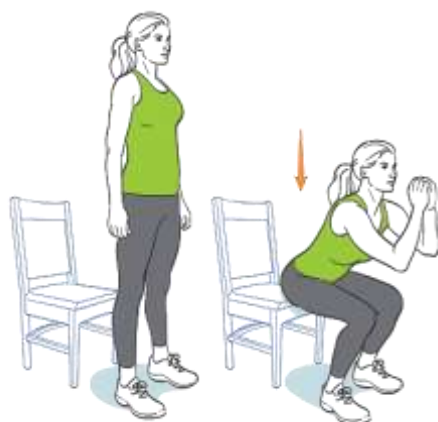
2. Hold onto a chair. Raise your heels off the floor then lower



3. Hold onto a chair. Lift one knee then the other.



4. Sit to stand.



5. Marching on the spot.



FEELING WORRIED, TEARFUL OR FED UP.

- It is usual to have changes to your mood if you have been poorly. As you recover, this will too.
- If you know how, try doing some relaxation or meditation. Someone from the **Community Learning Disability Health Team** can help you with this. There are also apps for your phone or videos on YouTube you could watch.
- Close your eyes and think about your breathing, try to do slow, deep breaths and blow out through your mouth. Think about a place you really like to go, everything about it.
- If you have someone with you, tell them how you are feeling.
- There are other people you can talk to if you need to:
 - to:- Wakefield community health team – 01924 316924
 - Wakefield covid 19 helpline – 01977 465435
 - Mencap Learning Disability helpline - 0800 808 1111
- Try doing an activity that you like such as colouring, baking, watching a favourite film.
- Get outdoors if you can; being in the fresh air with nature can really lift your spirits.
- Do a few minutes of exercise.
- Listen to your favourite music.