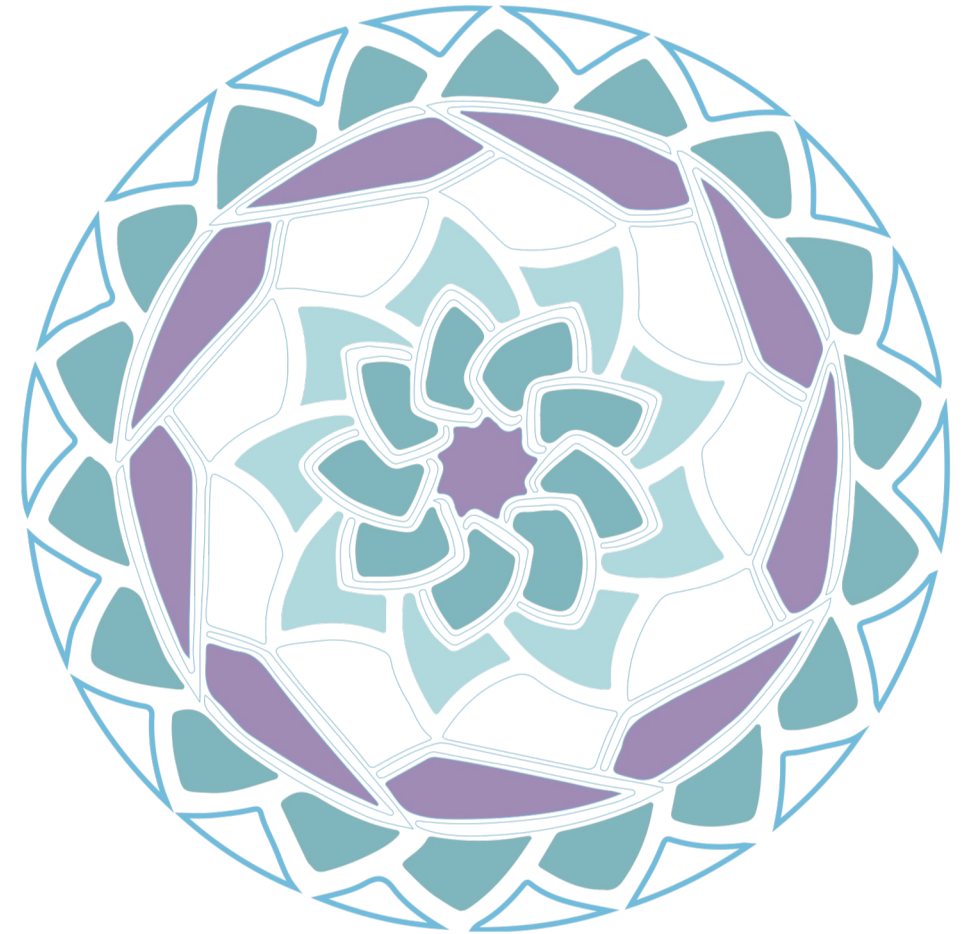


# How to cope better with Long Covid

Pamela Rose - Fatigue Coach

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# What we'll cover today

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Objective of today: to learn about the most important things to focus on in order to feel that you're better managing your fatigue symptoms.

1. Introduction
2. What I'll be talking to you about:
  - How fatigue journeys tend to go
  - Some basic pointers
  - Energy management
  - Emotional management
  - Regaining resilience
3. Sources of help



# How journeys tend to go

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No two journeys are the same – however at a very high level they tend to go along these lines:

Stage 1 – What on earth is going on

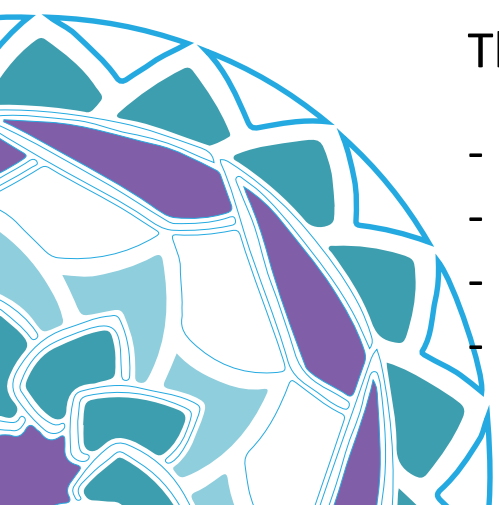
Stage 2 – Starting to figure things out

Stage 3 – Things are beginning to move forwards nicely (overall)

Stage 4 – Pre-recovery: a pretty good semblance of a life again

The key things to focus on to ensure this happens as quickly as possible are:

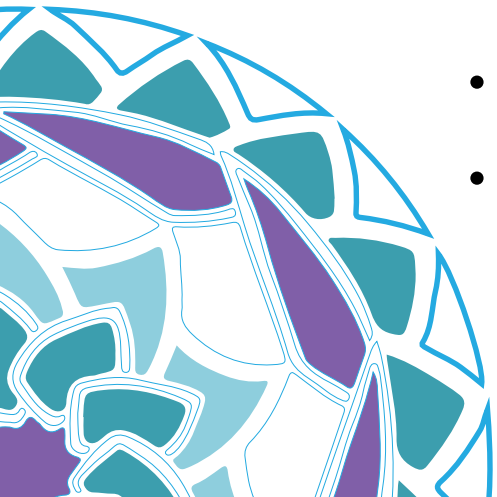
- Pinpointing how long covid is manifesting for you
- Recognising the need to find your personal blend of helpful approaches
- Having a plan!
- Not trying to outsource your rescue



# Key pointers

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- Focus on coping first – THEN you can start your recovery journey
- The lack of medical treatment is disappointing – but don't lose hope
- There are no quick fixes or miracle cures
- Don't push things – it's counterproductive
- You can't outsource your recovery/buy your recovery
- No two journeys are the same
- Identify your priority areas to address (physical, cognitive, social)
- You usually can't tell in the moment whether something is achievable or not (PEM)
- Avoid graded exercise therapy

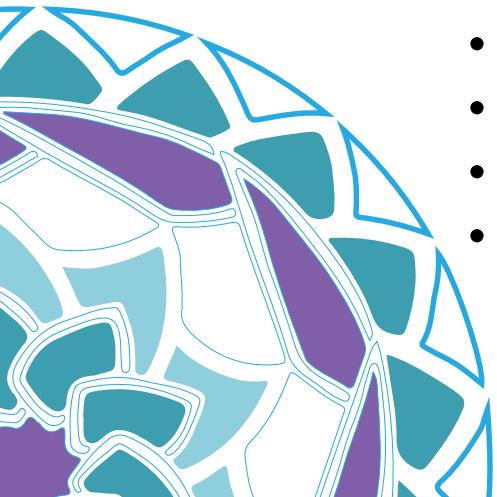


# Energy management (Pacing)

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Quick tips for starting to figure it out:

- You need a method. Something you apply consistently every day
- Find a way to quantify how much energy you currently have (often called a 'baseline')
- Being at baseline means the amount you're doing every day rarely triggers post-exertional malaise or other symptoms
- Once you know how much you can do that keeps you feeling steadier most days, you're pacing well
- Routines can be helpful at first – if feasible. But they're not the best approach
- You need to pace *everything* you do in a day – physical AND cognitive
- Manage ahead – giving your week an up-front scan is very helpful
- Be creative about making things achievable!
- Involve others in your daily planning



# Emotional/mindset management

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- Fatigue challenges are tough. It's no surprise that many of us find ourselves feeling low and anxious from time to time
- On top of that, your nervous system has probably been knocked out of balance
- But it's important to find ways to manage and settle how you're feeling emotionally
- Emotional stress can trigger physical symptoms

Some starting suggestions:

- Accept what's going on – don't resist or deny it. Doesn't mean you have to like it!
- Find a support network
- Get professional help if you think that will work best for you
- Catch and reframe repetitive thoughts - spot your triggers! ("But at least...")



# The importance of a resilient nervous system

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- Your Autonomic Nervous System (ANS) drives every bodily response and function
- There are two states: fight or flight; and rest and digest
- Fatigue related conditions often set it off kilter – particularly Long Covid
- For many, getting their ANS into a little more balance is such a helpful first step
- Resilience = a nervous system that is responding in a balanced and relative way

Things you should do:

1. Daily practices that will gradually re-balance your ANS:
  - Breathwork, meditation, yoga nidra, time in nature etc.
2. Apply techniques to calm your system in the moment:
  - Specific breathwork practices, mindfulness, acupuncture, moving location etc.

[Final top tip: Learn about the Vagus Nerve!!!](#)



# Communicating with others

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- Unless they've been there, they can't possibly truly understand
- If you're lucky, some will try! But many won't, or can't
- Don't worry, it's not just *your* loved ones/colleagues!

Things to try:

- Let go of trying to get everyone to understand
- Come up with a simple way to share how you're doing each day (octopus, numbers etc)
- Be prepared!! (e.g. in reply to 'Oh you're looking well'! Try: "Well I wish the outside matched the inside")
  - Think about how to manage the 'three buckets' in advance:
    - People who know what's going on
    - People who know a bit
    - Those who haven't a clue





# Sources of help (1)

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**Me! I'd love to continue to help you via these options:**

- [Fatigue Reset pacing course](#) (on-demand self learning) £49
- [Four Week Fatigue Rescue](#) (interactive/group programme) £139 (Next: 7<sup>th</sup> Sept.)

Use code 'Hope5' to get your £5 discounted off the price of either: [www.pamelarose.co.uk](http://www.pamelarose.co.uk)

**YouTube** (use for inspiration and information – but stay curious rather than fixated)

<https://www.youtube.com/c/RaelanAgle>

<https://www.youtube.com/@HealwithLiz>

<https://www.youtube.com/@naimaella>

<https://www.youtube.com/@RUNDMC1>



# Sources of help (2)

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## **Private consultant:**

- Dr Paul Glynne - <https://thephysiciansclinic.co.uk/physician/dr-paul-glynne/>

## **Online support groups:**

- Use sparingly! Stick to the smaller groups

## **Nutritional therapists:**

- <https://www.nourishedlondon.com>
- <https://healandbloom.co.uk>
- <https://www.violasampson.com>



# Sources of help (3)

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## **Breathwork videos (for ANS calming/repair)**

<https://youtu.be/94vqyJ0z8Ik>

<https://youtu.be/8vN08luParo>

## **Mind and Body:**

- Suzy Bolt (360 Mind, Body, Soul): <https://www.360mindbodysoul.co.uk>



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Thank you

