



New manual helps Long Covid sufferers

Description



A new resource has been launched to help those struggling with the effects of Long Covid – which affects nearly two million people across the UK.

The [65 for 65 Long Covid Recovery e-book](#) has been created by physiotherapist Robin McNelis and psychology student Bella MacDonald. Bella launched the 65for65 challenge to raise awareness for Long Covid. Both authors have personal experience of the condition.

Pacing and planning are vital to recovery from Long Covid

Their 27-page help manual was recently promoted by advice centre [Independent Living](#). The organisation pointed out that Long Covid is not always easy to identify and can vary enormously in the type and severity of symptoms.

According to Independent Living, Long Covid can manifest itself in a range of symptoms including fatigue, shortness of breath, cognitive difficulties and more. These can vary widely, so it is crucial that sufferers are provided support tailored to their needs.

Pacing and planning are vital to recovery from Long Covid. Robin McNelis stressed the importance of not overexerting oneself, which can lead to a 'boom and bust' cycle where symptoms flare up after periods of increased activity. Sufferers must understand their limits and find a balance that works.

Another cornerstone of recovery is quality sleep, said Independent Living. Many who experience Long Covid struggle with insomnia or disrupted sleep patterns. Practising good sleep hygiene by improving your sleeping environment and maintaining a relaxing bedtime routine can significantly improve your quality of rest.

Recognising when to seek professional help is a crucial part of managing Long Covid

In the context of Long Covid recovery there are different forms of rest for different types of exertion and the resulting fatigue:

- physical fatigue can be treated with breathing techniques and low impact exercises;
- mental fatigue can be helped by mindfulness and meditation techniques;
- emotional fatigue can be mitigated by talking with a friend or therapist;
- social fatigue makes us find a balance between engaging with others and taking time out for ourselves.

Recognising when to seek professional help is a crucial part of managing Long Covid. Healthcare providers like Robin McNelis can offered tailored assistance based on individual needs. For a copy of the resource, visit [here](#). (Photo: [Priscilla Du Preez ??](#) on [Unsplash](#))

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