



Royal Berkshire
NHS Foundation Trust

Road to Recovery

Recovering from Long COVID

Contents

What is Long COVID?	2
Most common symptoms of Long COVID.....	3
Controlling shortness of breath.....	4
Chest pain	9
Post-viral fatigue	10
Sleep	17
Brain fog (cognitive dysfunction).....	19
Pain	211
Recommendations for eating well.....	222
How to contact us	222
Further resources	233

What is Long COVID?

Ongoing or new symptoms following a confirmed or suspected COVID-19 infection. In order to be termed Long COVID, these symptoms must have continued for more than 12 weeks and cannot be explained by an alternative diagnosis. It usually appears with several symptoms together, often overlapping, which can change over time and can affect any system in the body. It is not known why some people's recovery takes longer than others. The mechanisms by which the infection leads to Long COVID are not yet fully understood. Long COVID can affect people that were hospitalised with COVID and those who were not admitted to hospital.

What are the symptoms Long COVID?

Reported symptoms of Long COVID are highlighted on the diagram on page 3.

The most commonly reported symptoms are:

- Fatigue (feeling very tired or exhausted).
- Muscle, body aches.
- Difficulty breathing.

As well as the physical symptoms listed on the diagram on page 3, it is very common to experience feelings of anxiety and low mood.

Most common symptoms of Long COVID

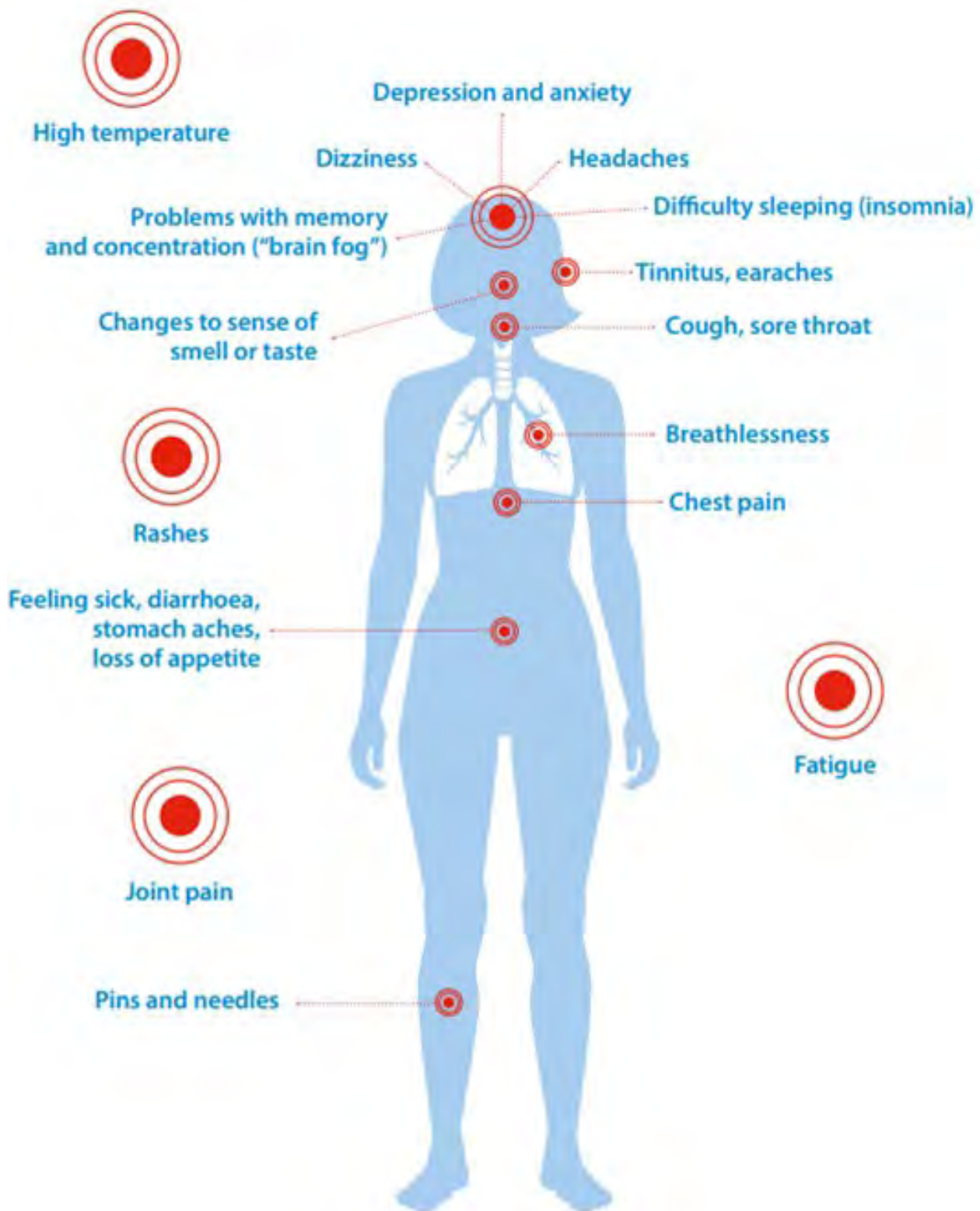


Image source: blf.org.uk

This diagram does not include less commonly reported symptoms.

Controlling shortness of breath

How can I control feelings of breathlessness?

People who have had a respiratory illness can often feel short of breath (SOB) afterwards. Often daily tasks such as walking, getting dressed or doing chores around the house can cause this breathlessness. Feeling like you can't catch your breath can make you panic or feel frightened.

Learning to control these feelings of breathlessness is a skill that will help you to be less troubled by this and enable you to do more. When you are feeling breathless, the following information and tips will help you to keep calm until your breathing settles.

Breathing pattern disorder

This can happen when we breathe more than necessary. This can lead to a chemical imbalance in the blood due to a lowering of the carbon dioxide levels.

Over-breathing is a normal reaction to any stressful situation, but once it passes, breathing returns to a normal rate of 8-12 breaths per minute. However, sometimes due to the result of prolonged stress or a physical trigger, a continual pattern of over-breathing can occur and the breathing pattern does not return to a normal level.

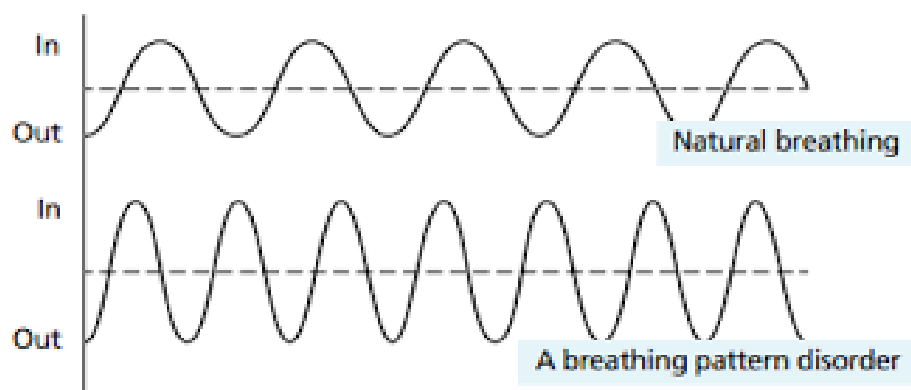
There are many reasons why our breathing can lose its natural rhythm (see diagram).

The most common signs and symptoms of over-breathing are:

- Feeling you can't fill your lungs up
- Breathlessness on minimal exertion
- Frequent sighing and yawning
- Palpitations
- Pins and needles in hands/mouth
- Feeling permanently exhausted
- Sore throat / lump in throat feeling
- Light headedness
- Anxiety



The graph below show the difference in breathing depth and rate for somebody breathing naturally compared to a person with a breathing pattern disorder.



Treatment

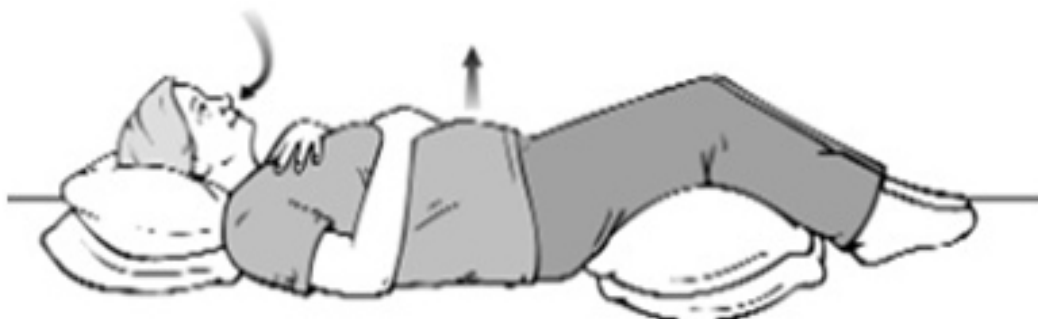
- Recognising that you are over-breathing and changing to a more controlled method of breathing.
- Being aware of normal breathing rates both at rest and during activity.
- Nose breathing rather than mouth breathing
- Learning how to breathe from your abdomen (tummy).
- Consider losing weight, practice good sleep hygiene, take up relaxation activities.
- Before you are able to change your breathing to a more natural pattern, it's important to understand how you breathe at the moment.

What is a normal breathing pattern?

At rest, we normally breathe approximately 8-12 times per minute. The air enters and leaves the nose in a gentle and controlled manner. The main muscle used for breathing is the diaphragm (muscle under the ribcage).

Identifying your normal breathing pattern

Lie in a comfortable position with a pillow under your head and knees.



Place one hand on your chest and one on the top of your tummy.
Watch and feel which of your hands move most as you breathe in and out.
This will help you to understand which part of your lungs you use the most.

Breathing control

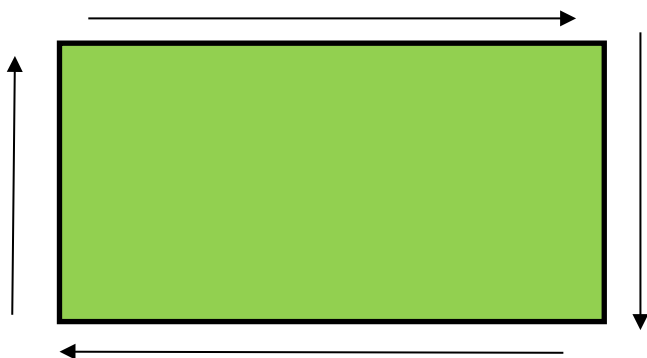
Breathing control is using the least effort to breathe gently. It will help when you are feeling short of breath, fearful, anxious or panicked.

How do I do breathing control?

Make sure you are in a comfortable position. Sitting in an armchair or lying on the bed and ensure that you are as 'soft' as possible.

Breathe in gently through your nose and breathe out through your nose if you can. If this is too difficult, breathe out through your mouth instead.

- Try to let go of any tensions in your body with each breathe out.
- Focus your thoughts on breathing the air towards your stomach, using your diaphragm.
- Gradually try to make each breath slower.
- Closing your eyes may help you to focus and relax.
- Do not force your breathing.
- To ensure your breath out is longer than your breath in you can try counting or visualising.
- Count in for 4 as you breathe in; count out for 7 as you breathe out.
- Imagining a rectangle can help. Trace your finger up the short side as you breathe in, across the long side as you breathe out.



When you have successfully completed this exercise, make sure that your breathing does not suddenly 'increase in size', for example through sighing, yawning or coughing. During breathing control you may find that you feel 'hungry' for air. This sensation is perfectly normal and may be a result of the levels of carbon dioxide increasing to a more normal level. Try to 'swallow away' the urge to gasp for air. You will find that as you continue to practise this style of breathing that this sensation will be less common.

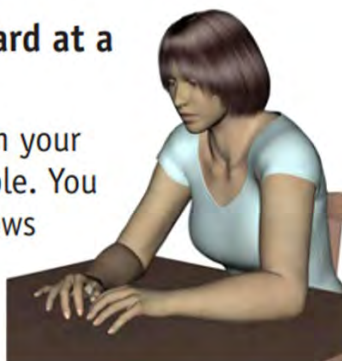
Practise this style of breathing for about 10 minutes 2-4 times a day. You can record this in the table below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No. of mins							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No. of mins							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No. of mins							

Positions to help ease breathlessness

Sitting leaning forward at a table

Sit leaning forward with your elbows resting on a table. You can also put a few pillows or cushions on the table to rest your head on.



Standing leaning forward

Lean forwards resting your elbows onto a wall, a windowsill, a railing or a countertop. You could lean on a walking stick or a long umbrella if you use one. You can lean on a trolley while you are out shopping. A walking frame with wheels can be helpful.



Standing leaning back or sideways

Lean back or sideways against a wall, with your feet slightly apart and about one foot (30cms) away from the wall. Let your hands hang loosely by your sides, or rest them in your pockets. You may prefer to rest your hands or thumbs on your belt loops or waistband, or across the shoulder strap of your handbag.

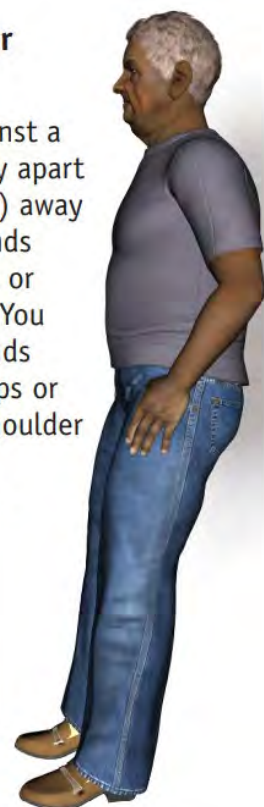


Image source: acprc.org.uk

Chest pain

Lots of people get chest pain after COVID. Chest pain can be worrying but it is not normally a risk to your life.

You should call 999 if you feel:

- Sudden chest pains which lasts for more than 15 minutes
- Sudden chest pains and you feel sick or you vomit, sweat, or feel short of breath
- Sudden chest pains and you pass out

Cough

A dry cough is commonly reported in Long COVID, however in some cases it may be productive of phlegm. Useful tips to manage a dry cough; nose breath as much as possible, frequent sipping of water, swallow instead of coughing, try sucking on ice cubes, boiled sweets, frozen grapes. To help clear a productive chest the breathing technique below is recommended. Breathing control is breathing gently, using as little effort as possible. The Small-long huff; take a small to medium breath in and then huff (squeeze) the air out until your lungs feel quite empty. The Big-short huff; take a deep breath in and then huff the air out quickly. This should clear your sputum without coughing.

The Cycle

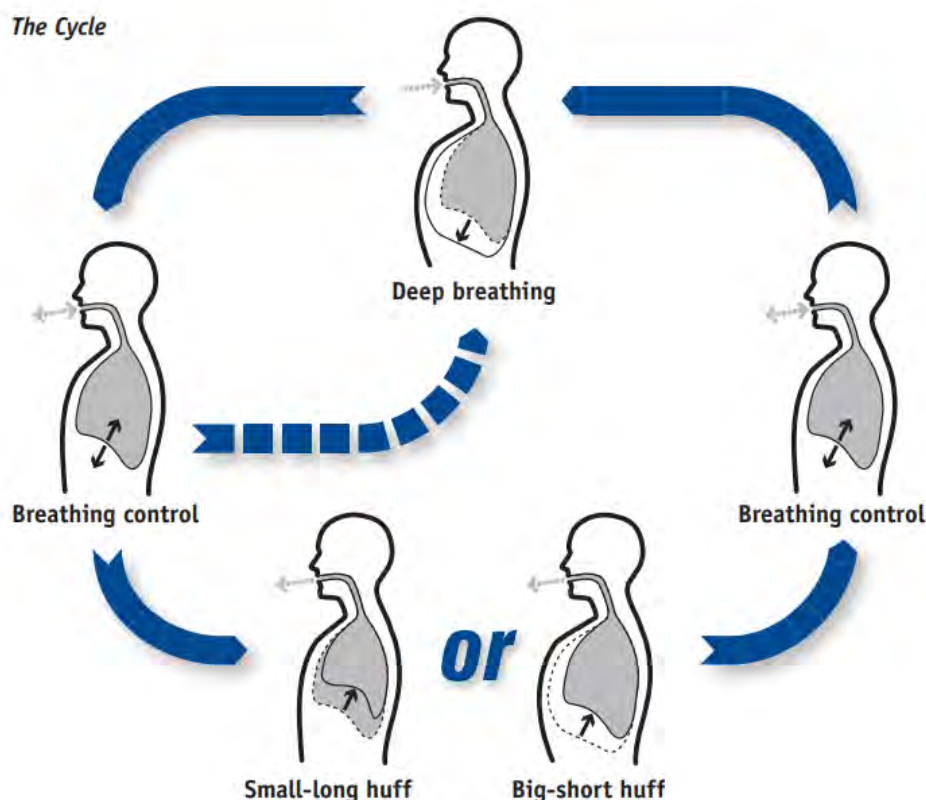


Image source: acprc.org.uk

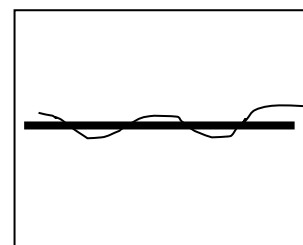
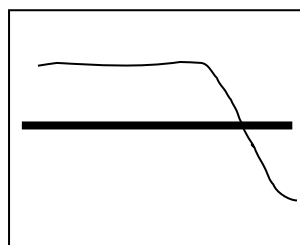
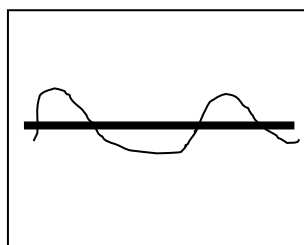
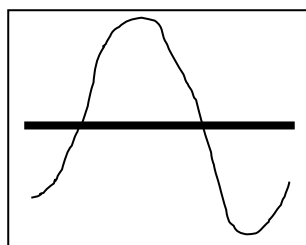
Post viral fatigue

Post viral fatigue is when you have an extended period of feeling unwell and fatigued after a viral infection. Fatigue is a normal part of the body's response to fighting a viral infection such as COVID-19. Fatigue is likely to continue for some time after the infection has cleared. It can make you sleep more, feel unsteady on your feet, make standing for long periods difficult, as well as affecting your ability to concentrate and your memory.

Allow time

COVID-19 affects people differently, so give yourself time to recover. Its impact afterwards doesn't always reflect how bad the virus was and you don't have to have been hospitalised to experience fatigue. You may feel pressure to resume your usual activities quickly, but **don't rush**.

Patterns of fatigue



Avoidance

Boom and bust

This can happen on the days you feel well, and you jump at the chance to do as much as you can. You BOOM! You do more than your body was able to do and you spend the next few days recovering- you BUST!

You avoid the activities you know will make you feel worse. However, avoiding activity completely can lead to reduced physical function known as deconditioning. This can lower your mood, especially if you find activity important and you find not doing it stressful.

Persistence

Where you keep going and ignore your body. This leads to exhaustion or injury.

Task modification

You modify the task or activity to match your current energy levels. You learn how your body responds to that task and activity in the hours and days afterwards.

Managing your fatigue

The 3 Ps – Prioritising, Pacing, Planning

1. Prioritising

Prioritising the things that you need and want to do will help you to manage by:

- Allowing you to think about which activities are most important to you
- Encouraging you to find ways of making difficult tasks easier
- Helping you to reduce the number of tasks that you complete each day

Task: How much energy do tasks require?

Use the table below to write down all the tasks and activities that you do regularly and how much energy you feel that they require. Include things like showering and dressing, food shopping, housework, childcare, work and hobbies etc.

High energy:	Medium energy:	Low energy:

Looking at the tasks you have written we now need to decide what priority they are to us.

- **High priority** or essential activities and tasks could be things that you have to do such as family commitments like childcare, or it could be things that you enjoy and are important for your mental health and wellbeing such as a hobby or interest. Another way to think about high priority activities is these are the things that you cannot or are not prepared to give up.
- **Medium priority** activities and tasks are those that can perhaps be done less often or by other people.
- **Low priority** activities can be put off (or be done by others) until you begin to feel your fatigue has improved.

Top tip: Be kind to yourself

At this time, there may be some of these tasks and activities that you feel you are not able to do. This will be frustrating for you, but it is ok and perfectly natural when you are experiencing fatigue. Be kind to yourself and don't beat yourself up about the things you are finding challenging at the moment.

Sometimes, we have to prioritise tasks that need to be done even if we don't enjoy doing them, but it is also important to give yourself time for activities that you enjoy, such as hobbies and socialising, even if they are not necessary.

Task:

Use the table below to rank the tasks and activities, and record how long you usually spend doing these each week.

Activity	Time spent each week	Priority of activity (High, medium or low)

2. Pacing

Pacing (managing) your activities is especially important if you are experiencing symptoms such as fatigue and breathlessness, as it will help you to save your energy throughout the day.

- Allow yourself more time to do things than you usually would. This might mean doing fewer activities, but it will allow you to rest when you need to, meaning you have more energy throughout the day.
- Break activities up into smaller tasks and spread them throughout the day or week, rather than trying to do things that are very tiring all in one go.
- Stop before you are exhausted e.g. climb five steps, rest for several seconds and repeat, so that you won't need a long rest at the top of the stairs and don't feel so tired the next day.
- Let yourself rest, this allows us to recharge. We will discuss rest further on in the leaflet.

3. Planning

Planning your day or week in advance will help you to manage your day to day activities by:

- Helping you to spread out draining and challenging tasks.
- Encouraging you to do more demanding activities at times when you have most energy and are best able to concentrate.
- Helping you to think about how you do your tasks, as well as when you do them.
- Allowing you to build in time for rest breaks and relaxation.

To plan in pacing strategies it is useful to understand how your body responds to the demands placed on it. We often find that keeping a diary of how your body feels can be valuable to keep track of what works, what doesn't and recognising the signs sooner.

There is a diary on page 12 to help with planning tasks and activities. Fill this in each week and make written notes on your symptoms, thoughts and feelings, alongside the activity or task.

- How long did the symptoms last?
- Did you notice any warning signs that your fatigue was beginning to get worse?

Top tip:

Listen to your body Try to remember how you feel when you do too much. Does your heart race? Do you start to sweat? Do you sense that you are doing too much? Do you need to sit down or do your muscles ache? By thinking about the symptoms you experience when you're pushing things too much you can learn to spot them early, and then slow down. Allow yourself the luxury of properly relaxing when you think you have started to overdo it.

Symptoms of fatigue

There are at least four areas of life that fatigue can impact.

- **Physical symptoms:** how the fatigue makes you feel physically
- **Feelings and emotions:** thoughts and feelings related to what has happened
- **Behaviour:** what you do because you feel fatigued
- **Thoughts and beliefs:** about your fatigue management and recovery

When symptoms such as disabling fatigue or exhaustion, difficulty thinking, pain, and when exercise makes you feel much worse, this is called post-exertional symptom exacerbation. Post-exertional symptom exacerbation (PESE) may also be called post-exertional malaise (PEM) or post-exertional neuroimmune exhaustion (PENE).

Post-exertional symptom exacerbation can be caused by any physical, mental or emotional effort, and varies among different people. The worsening of symptoms by exertion can happen immediately, or can happen 24-72 hours afterwards. This can make it difficult to predict or manage. It can take days, weeks or even months to recover from post-exertional symptom exacerbation. The exhaustion caused by exertion can be very disabling as it can cause different symptoms or affect different parts of the body.

Your diary can help you to identify which activities you may need to take a break in between, or which days you may be better to plan in your rests.

Activity, Rest and Sleep Diary

Week	Morning							Afternoon						Evening				Night						
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

Make a note of what you were doing each hour of the week, using either the letter or colour. If uncertain, just guess which is the best fit.

High energy activity = **H**; Low energy activity = **L**; Rest = **R**; Sleep = **S**

My high energy activities	
My low energy activities	
My restful activities	
What do I notice about my activity/rest/sleep pattern?	
What changes might be worth trying?	

Find your baseline (starting point)

Your baseline will be your starting point. It is the level of activity you can achieve without creating a significant increase in your symptoms. If you are currently experiencing any of the patterns of fatigue mentioned earlier in this leaflet, it is crucial to find your baseline before we work on a plan to increase your activity. We recognise that this may take some time. You may find you have to be flexible and patient in finding what works for you. You may have to adapt if your plan does not work and make further adjustments. This is all completely normal.

Rest and relaxation

Rest and relaxation are important in managing your fatigue. It allows your body to repair itself. Physical rest can be sitting or lying down, but we need to remember to allow ourselves mental or emotional rest too. This means putting down our phones/electronic devices and even our books! Learning to relax is a skill and can take time, it is not easy either; you may feel guilty about it. Involve others in your planning of relaxation if this helps with those feelings

To help boost your energy levels try scheduling in a 20minute nap. We recommend you do not have more than 20 minutes at a time to ensure you stay in the lightest stage of sleep. When we go over 20 minutes we tend to slip into a deeper stage of sleep and wake up feeling more groggy and tired.

How do you relax?

What makes you feel relaxed? Do you enjoy having a bath, reading, knitting, going for a walk in nature? Some people find practicing mindfulness activities help e.g. meditation.

Task: Write down some activities that help you relax in the box below

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Sleep

It is common for people with fatigue to wake up in the morning still feeling tired. Some people may be sleeping much more than usual, while others may have quite disturbed nights. If you have difficulty getting off to sleep or staying asleep in the night, there are several things you can try:

- Go to bed and get up at a similar time each day.
- Have a wind-down routine in the evening where you feel relaxed before you go to bed. Try not to watch anything disturbing on TV before bed.
- Avoid using any screens (e.g. mobile phone, tablet, laptop) in the hour before bed. E-readers with non-blue light screens are ok – it is blue light that affects your body's ability to prepare for sleep because it blocks a hormone called melatonin that makes you sleepy.
- Ensure the bedroom is an inviting place to be. Only use the bed for sleep or sex. Avoid using screens or doing crafts in bed. Do these elsewhere in the house.
- Avoid caffeine and alcohol in the evening.
- If you struggle to fall asleep after going to bed, get up (e.g. after what feels like about 15-20 minutes). Go and sit elsewhere in the house. You may wish to read or do something else calming in low light before trying to fall asleep again but return to bed as soon as you feel sleepy. You can also use this technique if you wake during the night.
- If you struggle with worrying thoughts after you have switched off the lights, it may help to take 10 minutes each evening to think about these concerns. Use a notepad to write a list of things that are concerning you on the left side of the page. On the right side of the page, write down some solutions, or things you can do about each of the concerns on your list. If a thought comes into your mind that prevents you from getting to sleep, have a notepad next to the bed to jot down any concerns or things you need to remember the next day.
- If we sleep too much, the quality of our sleep is likely to be reduced. If you are sleeping for more than 9 or 10 hours in 24 hours, it may be worth gradually trying to reduce the amount of time you spend asleep.

Is it possible to rest too much?

Although proper rest is extremely important when you are struggling with fatigue, reduced levels of daily activity can have a 'deconditioning' effect on the body – i.e. your fitness level decreases. This can happen if your fatigue means you have to avoid a lot of physical tasks that you previously did.

If you experience fatigue for a long period and have to reduce or even avoid the physical tasks that you used to do, you may feel like you have lost your strength. Due to the increase in rest, your muscles will likely become smaller in size and strength. This, in turn can make physical tasks feel even more demanding on your energy levels. You may struggle to lift your shopping bags more than usual, find getting up out of a chair more challenging, or feel weak doing any forms of exercise for a while. You may also notice that your fitness levels reduce, and you get out of breath quicker. This is because you are not

moving about as much or for as long and so your heart and lungs begin to work more slowly to help you move about. These physical symptoms are completely normal and is called 'deconditioning'. It is important not to let this worry you. Below are some tips to help you to keep as much of your strength and fitness as you can while you are recovering from your fatigue.

Work

You may need longer off work than initially anticipated. A step by step return works best which is planned with your manager and, if you have one, your occupational health department. You may also need a fit note from your GP. Try to avoid returning to work too soon and without the adjustments that you need to manage your symptoms.

Have fun

Remember the fun things in life. Often people only prioritise things that seem necessary as they return to daily life, but it's important to have a balance. Allow others to help with day to day tasks so you can save energy for the activities you enjoy.

Once you have been able to complete your activity diary, you can now start to plan your activities across the week. Below is a planner to help you do this.

Activity Planner

Weekly Planner						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
Afternoon						
Evening						

Exercise

Once you begin to feel like your fatigue is improving, you may be able to extend what you do, little by little. We advise that you make increases to your activity on a very gradual basis, taking time to assess how an activity is affecting your fatigue. **Do not push through.** If you have a bad day, try not to stop all activities. Instead, take more breaks or take things easier.

The only way to find out if your symptoms respond well to being more active is to try, very, very gently to do a little bit more, then **rest**, **wait** and **observe** the effects.

Brain fog (cognitive dysfunction)

You may have noticed since contracting COVID you struggle to pay attention to tasks and can easily forget things. This can be a sign of brain fog which is a common symptom of Long COVID.

Why does COVID affect memory and thinking?

Due to COVID you may be experiencing low energy also known as fatigue. Your brain needs energy to work at its best. This means fatigue can affect your ability to focus and can result in you making silly mistakes and forgetting information which is not vital.

Having a long-term illness such as Long COVID can also alter our mood and make us feel stressed, anxious or low. These emotions can also make concentrating on tasks more difficult.



Common everyday issues some people experience due to brain fog and strategies to help

You sometimes have trouble finding the right word to say when you are speaking.	Instead of focussing on using one word try instead saying synonyms of the word or describe the word to help jog your memory. For example if you were trying to remember the word for oven you could say instead the device in the kitchen which cooks food, also known as a cooker. This provides your brain with more opportunities to remember and retrieve the word you are thinking of.
Often entering a room in your house and forgetting what you needed to do	Try mentally retracing your steps. Think back to when you were in the living room for example and think when I was in the living room what would I have needed now I am in the hallway? And then the answer might spring to you. You were wrapping presents in the living room and you had run out of sellotape. You keep the extra sellotape in the desk in the hallway.
Frequently forgetting conversations you are having with people	If you are concerned you are forgetting conversations with people at the end of the conversation try to summarise it back to the person. 'Can I just check I have understood correctly... you would like me to do (then list/summarise what you remember from the conversation)'. This is a good test if you have been sustaining your attention for the whole conversation. This would then be a good time to write things down if you are needing to complete tasks following this conversation.
Forgetting the names of people who are not close to you, such as colleagues or new acquaintances	Try creating a picture in your mind of something memorable related to that person. For instance if the person was called Angela Green you can try visualising that person being dressed as an angel and their skin being bright green. This means your storing their information also as a visual memory and if you can make the image funny or bizarre you have a higher chance of remembering it in the future. Also try repeating their name at least five times silently in your mind. This provides your brain more of a chance to store information. This technique of repeating at least 5 times can also be used for trying to remember other pieces of information.
Reduced attention means you are worried you may walk away and forget the stove is on	Writing important things to remember on memos and placing them in prominent places can aid poor memory and improve safety. e.g. "Turn the cooker off" placed on the kitchen door, or hung above the cooker. Also when cooking use a timer to prompt you to turn it off if you have become distracted by another task and forget.

Often losing items such as keys	Placing of personal items in special places so that they can be easily located is a useful strategy. For example placing something by the front door means that it is less likely to be forgotten on the way out. Return your house keys to a particular bowl or hook so they are easy to find if you are often losing them.
Concerned about leaving your front door key in the door or leaving the house without turning the cooker off	If you are concerned about forgetting to turn off the cooker or leaving the front door key in the door, before you leave the house try taking a photo on your phone as a visual reminder you have completed these tasks. That way when you have left the house you can check the photo to reassure yourself that you did remember to do these things.

However if you start displaying the below listed behaviours:

- Frequently walking away when you are in the middle of cooking something on the stove and burning meals.
- Often struggling to remember where you live and getting lost easily when leaving your house.
- Forgetting the names and faces of loved ones multiple times a day and are distressed by this.
- If you are a car driver making risky choices which can endanger yourself/others or not remembering how to drive.
- If your brain fog symptoms suddenly get worse.

Then please seek an appointment to review this concerns either via your GP, dialling 111 or attending your local Emergency Department (A&E).

Pain

It is normal with long COVID to experience all over body pain. Long lasting pain does not often mean damage to your body. When you are in pain it is natural to do things to try to reduce or control it. These things may be helpful in the moment; however, there may be a downside long term, such as deconditioning (physical and/or psychological decline).

As with fatigue, pain should be managed in a similar way, by pacing. You may experience pain related to activity. This might be because your body is getting going again. Keep an eye on your symptoms when completing activity, and try to stop and rest before they get too severe.

Recommendations for eating well

Short of breath:

- Try to eat little and often.
- Try to have drinks in-between meals instead of with your meals.
- Soft and moist food can be easier to manage when you are tired or feeling breathless.

Dry mouth:

- Take regular sips of fluids throughout the day.
- Add sauces to foods such as gravy, cheese/white sauce, mayonnaise, salad cream, yoghurt or dips.
- Suck on sugar-free sweets or chew sugar free gum to help increase saliva production.
- If your mouth is sore, contact your GP / pharmacist, who may be able to request or prescribe medication to treat this.

Tiredness:

- Take your time at mealtimes.
- Soft and moist food can be easier to manage when you are tired or feeling breathless.
- Ready meals can be helpful if you are too tired to cook.
- Plan meals in advance.
- Cook extra to freeze or refrigerate for another day.
- Alter the timings of your meals depending on when your fatigue is worse. For example, if you are more fatigued during the evening have your main meal in the middle of the day and a lighter meal later.

If you have concerns about your swallow, please seek advice from your GP who may be able to refer you to a specialist.

How to contact us

Berkshire Long COVID Integrated Service (BLIS)

Pain Management Unit

Level 2, South Block

Royal Berkshire Hospital

Craven Road, Reading RG1 5AN

Tel: 0118 322 6547 (option 4)

Further resources

Websites

General information on Long COVID

Long COVID Physio: <https://longcovid.physio>

Support with symptom management

- Long COVID Work: <https://longcovidwork.co.uk/resources/>
- Physiotherapy for breathing pattern disorder: www.physiotherapyforbpd.org.uk
- Taste and smell: <https://abscent.org/> and <http://www.fifthsense.org.uk/covid-19-introduction/>
- NHS England Your COVID recovery: <https://www.yourcovidrecovery.nhs.uk/>
- British Dietetic Association: <https://www.bda.uk.com/resource/long-covid-and-diet.html>
- Asthma and Lung UK: <https://www.asthmaandlung.org.uk/conditions/long-covid>
- POTS UK: <https://www.potsuk.org/>
- Tinnitus UK: <https://tinnitus.org.uk/understanding-tinnitus/tinnitus-and-covid-19/tinnitus-and-covid-19-faqs/>
- Suzy Bolt Yoga and Meditation for COVID Recovery: <https://m.youtube.com/@suzyboltyogaforlongcovid/featured>
- ENO Breathe: <https://www.eno.org/breathe/> (this requires sign up via our clinic, please contact us if you wish to proceed)

Long COVID charities

Long COVID Support: <https://www.longcovid.org>

Long COVID SOS: <https://www.longcvidsos.org/>

Long COVID Kids: <https://www.longcovidkids.org/>

Publications

World Health Organisation Support for Rehab:

<https://www.who.int/europe/publications/i/item/WHO-EURO-2021-855-40590-59892>

Royal College of Occupational Therapists how to manage post viral fatigue:

<https://www.rcot.co.uk/how-manage-post-viral-fatigue-after-covid-19-0>

Society of occupational medicine Return to work: [https://www.som.org.uk/COVID-19 return to work guide for recovering workers.pdf](https://www.som.org.uk/COVID-19%20return%20to%20work%20guide%20for%20recovering%20workers.pdf)

Books

The Long Covid Self-Help Guide: Practical Ways to Manage Symptoms by Dr Emily Fraser

Beating Brain Fog: Your 30-Day Plan to Think Faster, Sharper, Better by Dr Sabina Brennan

The Long COVID Handbook by Gez Medinger and Professor Danny Altmann

Podcasts

TLC sessions - Living with Long COVID:

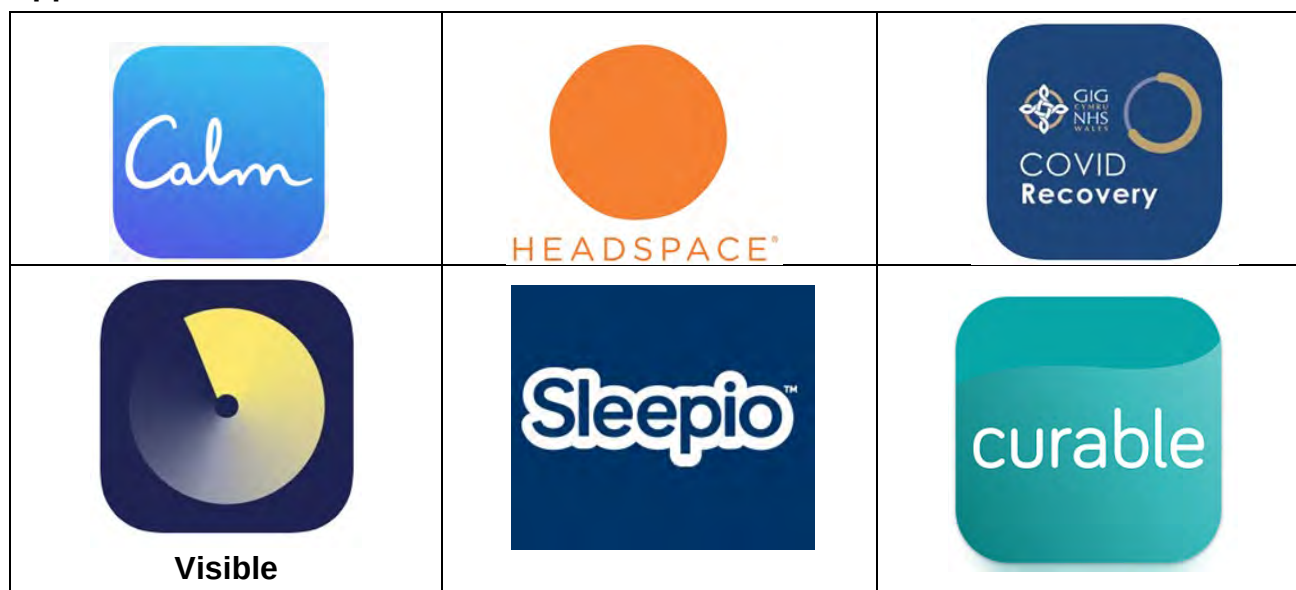
<https://open.spotify.com/show/5LgOT34OOgltrmCqc2LYJ2>

Pain speak: <https://open.spotify.com/show/2mgCLSusMHVKGvEJS2eRLn>

Long COVID physio: <https://open.spotify.com/show/0Vf6xdztQkhtt2FAn9e9td>

Long COVID podcast: <https://open.spotify.com/show/54VO5d0RR52JzcLarBznll>

Apps



Psychological resources

Talking Therapies: <https://www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/talking-therapies-berkshire/>

NHS Every Mind Matters: www.nhs.uk/oneyou/every-mind-matters/sleep

Mediation, mindfulness and relaxation

Free mindfulness activities: <http://franticworld.com/free-meditations-from-mindfulness/>

NHS Website <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

The sleep council: <https://sleepcouncil.org.uk/>

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Berkshire Long COVID Integrated Service, Pain Management Unit/Respiratory Physiotherapists,
December 2025

Next review due: December 2027