



REGIONAL OFFICE FOR

**World Health  
Organization**

**Europe**



**SELF-REHABILITATION AFTER SEVERE COVID-19**

# Managing stress, anxiety or depression

Being extremely unwell in hospital can be a highly stressful experience. It is not unusual to experience feelings of stress, anxiety (worry, fear) or depression (low mood, sadness). There are some simple things you can do.

## **Take care of your basic needs**

- Get enough quality sleep.
- Eat sufficient and healthy food.
- Be physically active as this reduces stress.

## **Self-care**

- Stay socially connected.
- Do relaxing activities that do not tire you out.
- Gradually increase your involvement in your daily activities or hobbies to the best of your ability, as this helps to improve your mood.

**If you were previously receiving services to support your mental health, talk to your provider to ensure that these continue.**