



REGIONAL OFFICE FOR

World Health  
Organization

Europe



SELF-REHABILITATION AFTER SEVERE COVID-19

# Managing activities of daily living

After a severe illness, you may not have the same energy that you used to, and some tasks may take more effort than before. If you feel like this, the following strategies may be helpful.

- **Adjust your expectations** for what you can do in a day.
- **Save your energy** by doing tasks sitting down when you can.
- **Pace yourself** and try to do light tasks between heavier ones.
- **Let others help you** with tasks that you may be struggling with.
- **Ease back into activities.** Do not try to take up full activities until you feel ready.

Contact your health-care professional if managing the activities of daily living continues to be difficult.