



World Health
Organization

REGIONAL OFFICE FOR
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.