



REGIONAL OFFICE FOR

World Health
Organization

Europe



SELF-REHABILITATION AFTER SEVERE COVID-19

Managing problems with attention, memory and thinking clearly

It is very common for people who have been severely unwell, especially those who had a breathing tube in hospital, to experience new difficulties with attention, remembering things and thinking clearly. These difficulties may go away within weeks or months, but in some people, they can last longer.

If you experience such difficulties, these strategies may help.

- **Exercise safely.** Physical exercise can help your brain recover.
- **Practise brain exercises**, such as new hobbies or activities, puzzles, word and number games, memory exercises and reading.
- **Prompt yourself** with lists, notes and alerts, such as phone alarms, which can remind you of the things you need to do.
- **Break down** activities into individual steps to avoid feeling overwhelmed.

Contact your health-care professional if managing issues with attention, memory and thinking clearly continue to be difficult.