

# MYLIFE TOOL

LIVING WITH LONG COVID

ME AND  
LONG COVID

TOOLBOX  
BOOK TWO



## ABOUT THIS BOOKLET

Coming to terms with how long covid affects your sense of who you are can be difficult. Your expectations of yourself may be challenged and it can sometimes feel like you have lost control over parts of your life and your future. It can help to learn about your own experience of long covid, your strengths and challenges and what can give you purpose in life.

Managing how to live with long covid is not something you can be told how to do - you need to think about it in relation to your own life and goals.

This booklet will encourage you to think about...

- Your strengths and how to use and develop them in the future
- How to approach challenges and build resilience
- How to see yourself in a more positive light
- How to be kind to yourself
- What is important to you

"I could live with being judged poorly, but I couldn't live with being judged as a poet that's poorly"

## ABOUT ME

|  | How long covid affects my mood | How long covid affects how I see myself |
|--|--------------------------------|---|
| How I feel/ things that go through my mind |                                |   |
| Things that make this worse                |                                |   |
| Things that make this better               |                                |   |
| What I can learn/do next                   |                                |   |

## GLASS HALF-FULL

### Building on the positives.

Living with long covid changes what you can expect from yourself. You might not be able to do some of the things you once did or you may have to do them differently, but you can still achieve things, no matter how small. This tool helps you to recognise and appreciate your achievements.

Try each week to note down at least three things that made you feel good about yourself. Try to include how these things made you feel good.

How can you build on these things in the future to feel even better about yourself?

What could life be like some time from now if these things have gone as well as you can imagine?

## MAKING LISTS

You might find that making a list each day of things you want to do that day can be a good way of helping you feel a sense of achievement. It can even help to give you a reason to get up on a morning.

Just start with something you think you can easily achieve in the day and, over time, you might want to make your lists more ambitious. However, it is important that you do not set yourself too many tasks or unrealistic tasks.

Make your list here and tick off each task as you complete it

| TASK | DONE |
|------|------|
| 1    |      |
| 2    |      |
| 3    |      |
| 4    |      |
| 5    |      |
| 6    |      |
| 7    |      |
| 8    |      |
| 9    |      |
| 10   |      |

How did you get on? Was your list realistic or too ambitious for now?

## MY STRENGTHS

You are strong! List up to five of your strengths (there are some examples to get you started). Think about how you can use your strengths in different ways and how you can develop your lesser strengths. It can help to ask a friend what they see as your strengths.

I am...

|  |
|--|
|  |
|  |
|  |
|  |
|  |

Examples:

|               |                  |
|---------------|------------------|
| A team player | Enthusiastic     |
| Honest        | Forgiving        |
| Curious       | Hopeful          |
| Loving        | Self-disciplined |
| Persistent    | Kind             |

Choose a strength and think about different ways you could use it - try it out and see how you feel.

Choose a lesser strength and think about ways you can develop it - try it out and see how you feel.

|  |  |
|--|--|
|  |  |
|--|--|

## RESILIENCE

We all have some area of life where we have shown some resilience (no matter how small). By focusing on your areas of strength, you can work out what resilient strategies you have used before and how you can use these strategies to develop your resilience.

| Your challenges                                   | How did you use each strength to help you? |            |            |            |
|---|--|------------|------------|------------|
| List the challenges you have overcome in the past | Strength 1                                 | Strength 2 | Strength 3 | Strength 4 |
|   |  |            |            |            |
|   |  |            |            |            |
|   |  |            |            |            |
|   |  |            |            |            |

In the boxes below, list your current challenges

Think about how you can use your strengths to overcome these challenges

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |
|  |  |

## APPROACHING CHALLENGES & DEMANDS

You will come across setbacks and challenges in your journey but you will already have some tools to help you deal with them. This tool can help you identify the coping mechanisms that you already use.

| What coping mechanisms do I already use to deal with challenges?<br>You might find it useful to look back at the "My strengths" (page 6) and "Resilience" (page 7) tools to help you with this. |                  |
|---|------------------|
| AROUND ME   | MY BODY          |
| MY EMOTIONS   | MY RELATIONSHIPS |

Now that you have identified some of your coping mechanisms, think of some challenges that you want to work on and work through the second part of this tool on the next page.

## CHALLENGES TO WORK ON

| List challenges that you want to work on | Think about what you can do to overcome each challenge and how you can communicate this to others. |                            |                  |                                 |
|--|--|----------------------------|------------------|---------------------------------|
| Challenge                                | Can I change it and how?   | Can I minimise it and how? | Can I accept it? | How can I express it to others? |
|  |  |                            |                  |                                 |
|  |  |                            |                  |                                 |
|  |  |                            |                  |                                 |
|  |  |                            |                  |                                 |

## DISCOVERING MEANING AND PURPOSE

Some people know what gives them purpose in life, but for others it can be difficult to pinpoint. Living with long covid can make you feel that the things that are important to you have been taken away from you, however it is possible to find new things that give you a sense of purpose.

To find what does (or could) give you meaning and purpose in life, think about what makes you feel good. Once you have an idea of what might give you purpose in life, try and find as many opportunities as possible to do it and see how you feel.

| Ask yourself...    |  |
|--------------------|--|
| What gives me joy? |  |
| What do I enjoy?   |  |
| What interests me? |  |

Once you have thought of something you think could give you a sense of purpose in life, try it out and see how it makes you feel. Make sure what you want to try is realistic for you. If you are not sure how to start trying something new or how to know whether it is realistic, try the "approaching challenges and demands" worksheet (page 8).

## LOOKING TO THE POSITIVE

Sometimes it can be hard to see the positive. Having something that makes you smile can be a simple way of looking to the positive in difficult times. It can be an image, a mantra, an object, a song... anything. When you are finding it hard to see the positive, you can look back at this and see if it can help you look to the positive. Some people even put these things on post-it notes around the house.

Find something that makes you smile

# MYLIFE TOOL

Developed by



## NEURO KEY

An Alliance supporting people  
with neurological conditions



*Meaning & Purpose*

Living with  
**Long-Term Conditions**



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