

# MYLIFE TOOL

LIVING WITH LONG COVID

CONNECTING  
WITH  
OTHERS

TOOLBOX  
BOOK THREE



## ABOUT THIS BOOKLET

Being with people who have similar experiences to you, that understand what you are going through and who don't need you to explain how you are feeling, can be a real support.

Connections can also give people purpose by supporting others. However, you may need help to find your voice to let people know what you need.

This booklet will encourage you to think about...

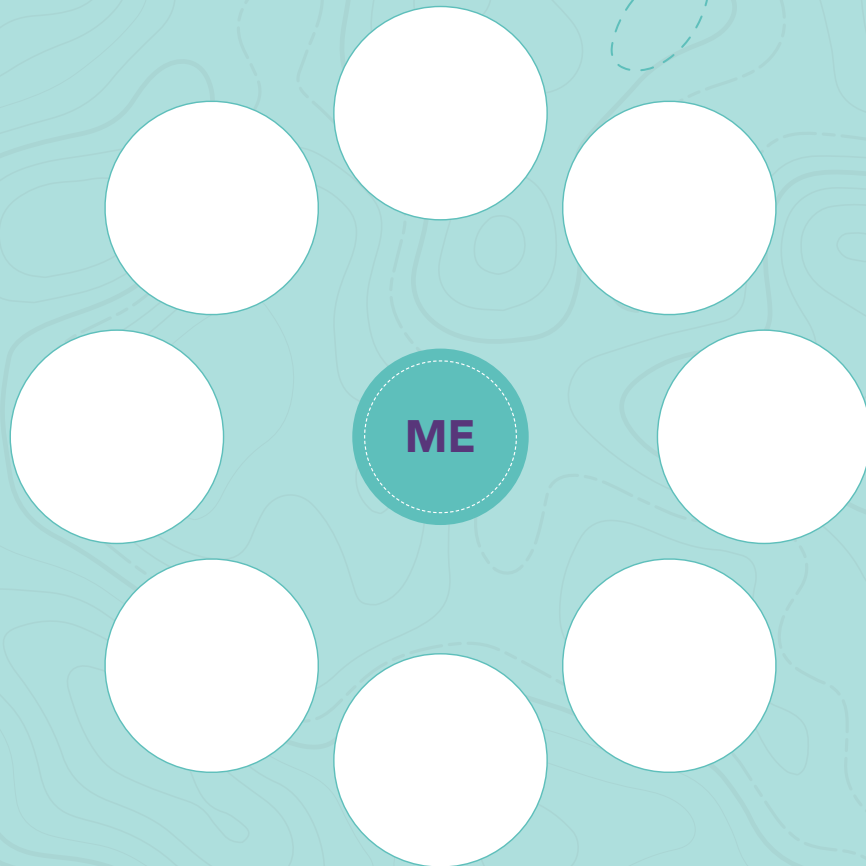
- How to reach out to other people and realise that you are not alone
- Finding your voice

"I think many people forget they can still be support givers as well as support receivers"

## ABOUT ME

	How long covid affects my relationships	How long covid affects how I communicate my needs to others
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		

## MY TEAM



This is your support team. In the circles, you can add the people who are important to you and/or support you in your journey. They could be a partner, carer, friend, colleague or healthcare professional. You could even include groups or resources that you find helpful.

You can draw lines between you and each member of your team to represent how they support you. For example: a thick line could represent a strong relationship; a wiggly line could represent an enjoyable relationship; or you can use different colours. You can do anything you like - make this map your own.

## MAKING CONNECTIONS

Living with long covid can be isolating. You might want to meet new people with a condition like you but you just don't know where to start. This tool is a guide on how to break this down into smaller steps.

Finding Connections	
Ask a health professional if they know anyone or a group that you could contact.	How did I do / how did I feel?
Look online or on community notice boards for groups, events, coffee mornings etc, that you could go to.	How did I do / how did I feel?



Make the first contact	
Set up an initial chat over the phone or online.	How did I do / how did I feel?
Find someone who could go with you the first time.	How did I do / how did I feel?



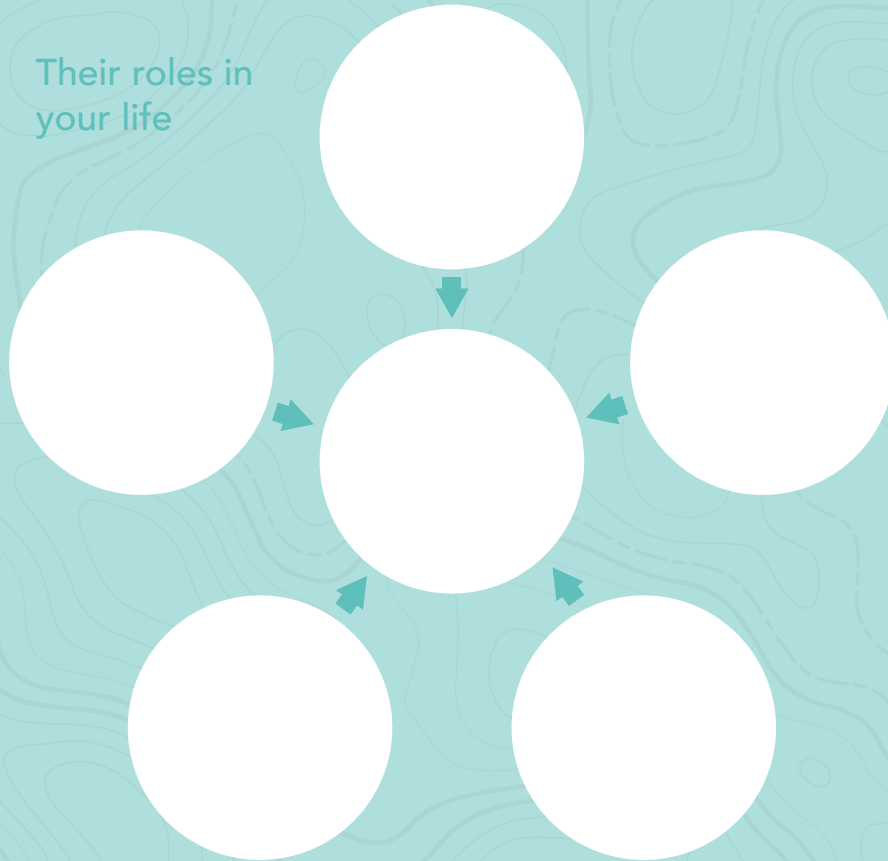
Going for the first time	
Set a date in your diary.	How did I do / how did I feel?
Check the practical arrangements (how to get there, car parking, accessibility of the building, etc.)	How did I do / how did I feel?

## MY RELATIONSHIPS

Relationships are important to us. People close to us can give us support and strength but we can also play an important role in their lives.

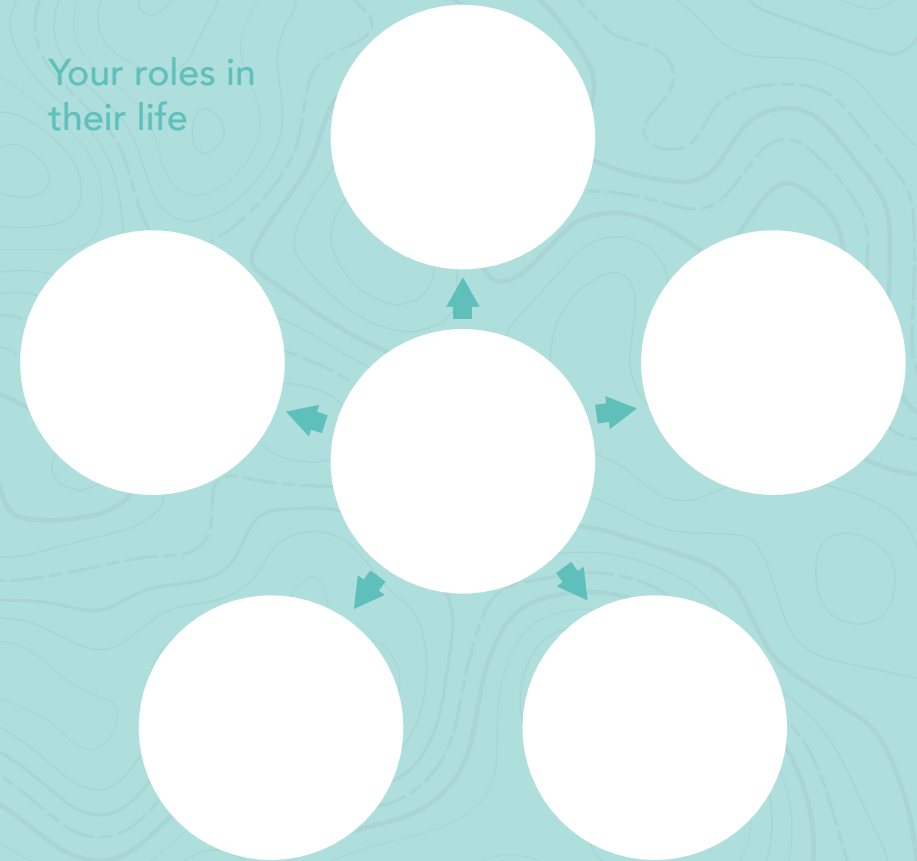
Think about one important person in your life and reflect on their role in your life and your role in theirs. To get started, you could look back to "My Team" on page 4 of this booklet.

Their roles in  
your life



**Their roles in your life** - Put yourself in the centre circle and in the outer circles note down the roles they play in your life. Reflect on what each role means to you and the impact it has on how you live with long covid. Does anything need to change?

Your roles in  
their life



**Your roles in their life** - Put yourself in the centre circle and in the outer circles note down the roles you play in their life. Reflect on what each role means to you and the impact it has on how you live with long covid. Does anything need to change?

# COMMUNICATING WHAT I NEED

We are not mind readers - unless you reflect on what you need from others, you will not be able to communicate this to other people. You might find it difficult to explain to other people what you want and need.

What do you need from others? Look back at "my team" (page 4) to help with this.

How do you feel about telling people this?/How do you think they might react?

How can you tell people what you need?

What do you want to get out of this meeting?

Try telling someone what you need - what happened?/would you do anything differently next time?

This tool can help you find your voice and speak up for what you want. You can use this tool for meeting with friends, colleagues, health professionals, etc.

Date of meeting

Type of meeting

Before...

What do you want to get out of this meeting?

After...

How did you feel after the meeting?

Did you to get out of the meeting what you wanted? (how/why not?)

What did you learn from this meeting?

What will you do the next time you have a meeting like this?

## MY NOTES

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Lined writing area with 15 horizontal teal lines for notes.

# MYLIFE TOOL

Developed by



## NEURO KEY

An Alliance supporting people  
with neurological conditions



*Meaning & Purpose*

Living with  
**Long-Term Conditions**



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