

Tips to help your recovery from illness

Worry, low mood and anxiety page 1 of 2

Recovering from illness often affects our emotions and can include having higher levels of anxiety, low mood and additional worry about whether we will recover fully. You may find that previous emotional issues or some symptoms of mental health problems can return.

This can be difficult to understand as we generally start to feel better and we may try to dismiss these feelings. Worrying or thinking negatively about your recovery and symptoms may increase your levels of anxiety or stress, this can affect the time recovery takes.

Try to remember that this is a time of physical and psychological stress that should resolve with time and consider using some of the top tips below to help you manage some of the worry or change in mood you are experiencing

- **Follow advice to support your emotional wellbeing**
- **Reduce your worries about continued symptoms**
- **Do things that bring you pleasure**

12.04.2021 v2



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Reduce your worries about continued symptoms



- When you start to worry, **write down your concerns** and the possible consequences, both negative and positive.



- **Limit the time** you look up your symptoms on the internet, in newspapers or magazines.



- **Seek reassurance** by talking to a health professional about the likelihood of the symptoms being a sign of something more serious.

There's useful information to help reduce stress and improve your emotional wellbeing on the [MELO website](#).

Follow advice to support your emotional wellbeing

Connect - keep in contact with people you love. Say hello to people who pass you when you are outside. Connecting with people whether friends, family, neighbours or strangers helps our emotional wellbeing.

Be Active - try to do something active every day. This can be as simple as having a dance while you brush your teeth or taking a walk to the end of your garden.

Take Notice - start to pay attention to the present moment, your thoughts and feelings, your body and the world around you, can help improve your mental wellbeing. Examples include sitting quietly to watch the birds outside your window, paying attention to your breathing, or slowing down and really noticing the food you are eating.



The above comes the **'Five Ways to Wellbeing'** - an evidence based approach to improving your mental and physical health.

The other two 'ways' are **'Give'** and **'Keep Learning'** which highlight the how learning new things and helping other people can have a positive impact on our mental health.



Try to do something each day that makes you smile and/or helps you to relax. It could be a hand massage, taking a leisurely bath, meeting a friend, reading your favourite book or magazine or video-calling friends or family.



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