

# LIVING WITH LONG COVID

## 3-PART WELLBEING WORKSHOP

The symptoms of COVID such as extreme fatigue can last for months after infection impairing emotional and physical wellbeing. This 3-part workshop aims to provide tools to improve wellbeing living with long COVID.

The 3-part workshop series will cover:

- ✓ Emotions associated with living with long COVID
- ✓ Tips for managing long COVID
- ✓ Topics include pacing, fatigue, self-compassion, illness, fear, worry, acceptance & breathwork
- ✓ Training packs will be provided with exercises and tips to take away and practice



### REGISTRATION



Scan the QR code or follow our Eventbrite link below to book your space for free.\*

[www.mertonuplift.eventbrite.co.uk](http://www.mertonuplift.eventbrite.co.uk)

If you are interested, but unsure about registering on Eventbrite or about attending an online workshop, then please call or email the Wellbeing Team to help you register and talk you through the workshop process.

E-mail: [mertonwellbeing@swlstg.nhs.uk](mailto:mertonwellbeing@swlstg.nhs.uk)

Telephone: 020 3513 5888

**MONDAY 23<sup>RD</sup>, FRIDAY 27<sup>TH</sup> & MONDAY 30<sup>TH</sup> MAY**  
**11.00 AM – 12.30 ON-LINE**

\*Participants must be 18 or older and a Merton resident or registered with a Merton GP.

### About Merton Uplift

Merton Uplift offers talking therapies and wellbeing support for Merton residents experiencing common mental health problems, including stress, anxiety and depression. Visit our website for more information on how to refer yourself. [@Mertonuplift.nhs.uk](https://www.mertonuplift.nhs.uk)