

# Coping with Long COVID Uncertainty

*"Why did I get it?"*

*"Why didn't others?"*

*"When will I recover?"*

*"When will there be a cure?"*

*"What can I do to feel better?"*

*"Will I be able to work again?"*

**Long COVID** leaves you with a lot of questions. Often these questions don't have clear answers. Living with so much uncertainty can be draining. Not knowing what the future will bring, especially when it comes to your health, can cause anxiety. Managing these feelings is important for your mental and physical health. Here are some tips for dealing with Long COVID Uncertainty.

- 1. Live in the present.** Focus on what you can control. Putting effort into what you can control can make you feel empowered and more confident.
- 2. Fill your tank.** Make time for relaxation and joy. Do things you enjoy and spend time with your loved ones.
- 3. Reflect on the good.** Spend time thinking about what brings you joy and what you are thankful for. This practice can improve your mood.
- 4. Give yourself props.** Recognize your strengths and skills. You have done a lot for yourself and others despite the struggles of Long COVID.
- 5. Avoid information overload.** Limit time spent thinking or problem solving about Long COVID to avoid becoming overwhelmed. It is important to stay informed but too much information seeking can drain your energy.
- 6. Hold on to hope.** You cannot know what will happen, but a good outcome is possible. People do recover from Long COVID, and you may get better over time.
- 7. Seek support.** If you are struggling with uncertainty, get support. Talk to your loved ones, join a support group, or talk to your healthcare provider.