

# HOPE PROGRAMME FOR LONG COVID

FREE SELF-MANAGEMENT COURSE  
TO HELP YOU COPE ON YOUR  
RECOVERY FROM LONG COVID.



Not alone  
#hopeprogramme



## START DATES

01.06.22  
29.06.22  
27.07.22  
24.08.22  
21.09.22  
19.10.22  
09.01.23  
06.02.23

## MEET OTHERS IN THE SAME SITUATION AND TRY RANGE OF INTERACTIVE ACTIVITIES

- ✓ goal setting
- ✓ gratitude
- ✓ mood, activity and symptoms tracking
- ✓ journalling
- ✓ online forum

**BOOK NOW**

[WWW.H4C.ORG.UK/COURSES](http://WWW.H4C.ORG.UK/COURSES)

EMAIL: [HOPE@H4C.ORG.UK](mailto:HOPE@H4C.ORG.UK)

OR PHONE: 024 7736 0153

## This 8 session online course covers topics such as:

- Self management for long COVID
- Managing long COVID symptoms e.g. brain fog, fatigue and breathlessness
- Pacing and focussing on what matters to you
- Coping with stress, change and shifting your thinking
- Getting better sleep and mindfulness
- Communication and relationships
- Eating well and moving better
- Managing setbacks
- Using your strengths to make you happier

The course is delivered online via our platform.

Available 24/7 on any device - Sessions released weekly -  
Learn at a time and pace that suits you - Remain anonymous

