



Long COVID resources

Self-management templates

This booklet contains templates for an activity log, symptom tracker, gratitude journal, and a coping plan to help you manage Long COVID.



Long COVID Symptom Tracker

Some people can find it useful to keep a list of symptoms they experience and a rating of their severity. This type of tracker or diary can help better understand your symptoms, identify which symptoms impact you most, and identify patterns and changes in your symptoms.

On the following page is a template of a symptom tracker. This tracker can be adapted to meet your individual needs. Down the left-hand side, you can list the different symptoms and across the top enter the date and time of each entry. For each entry you can rate the severity of your symptoms from 1 (very mild) to 10 (very severe). For example:

	Date	12/2	13/2	13/2	14/2
	Time	4pm	8am	12pm	9am
Symptom					
Shortness of breath		6			7
Muscles aches		2		8	
Fatigue		10	2	6	

In the notes box you can write down any additional comments such as questions to ask your doctor, possible triggers for the symptoms e.g., were you stressed, or did you perform some exercises beforehand? If you noticed some ways to reduce the symptoms, note this down as well. For example:

Notes:

I noticed that my breathing was a bit better after practising some breathing techniques (12/2 4pm)

Name: _____

Date								
Time								
Symptom								

Notes:

Long COVID Weekly Activity Diary

Some people find it helpful to plan and prioritise their daily tasks using an activity diary. An activity diary can help you keep track of all the activities and tasks you want to complete, while still making time for rest and enjoyment. You can use the diary for planning ahead, or as a weekly log to help identify trends and patterns in your symptoms.

On the following page is a template of an activity diary. This diary can be adapted to meet your individual needs.

Top tips:

- The activity diary can help you lay out any goals for the week, or tasks and activities that you need to complete. Be sure to space out your activities to allow for rest and re-energising in between.
- Make note of any activities that leave you feeling tired or fatigued. You can split this activity up into smaller, manageable chunks or ask friends or whānau to help out next time.
- You may notice that you feel more energised during certain times of the day or week. Keep note of this so you can prioritise your important tasks by planning to them when you have the most energy.
- Some activities may make you feel connected to others, while others give you a sense of achievement, or pleasure. Keep note of this so you can incorporate more of these helpful activities in the following week.
- Try alternating between tasks of different intensities to save your energy. You may also find it helpful to alternate between mentally and physically demanding tasks.
- If you experience too many worries or spinning thoughts when trying to sleep, try scheduling a worry-time into your day. Scheduling a brief period for worry-time during the day will allow you to note down or discuss your worries with your whanau, so you can have a clear mind before sleep.
- Be sure to schedule time for breaks, self-care, and enjoyable activities. Frequent yet short breaks are better than a few longer ones.
- Most importantly, be kind to yourself by being flexible with your plans. It is okay if you cannot finish all the tasks you wanted to complete in a day. If you feel too tired to continue, take a rest and try again tomorrow.

An example:

Time	Monday	Tuesday
Morning	7-8 am: Walk in the park 9-11:30 am: complete top priority work task 11:30-12:30 pm: break 12:30-3pm: Work through easier tasks	7-8 am: Walk and gentle exercise 8:30-11:30 am: Household chores
Afternoon	3-4: Rest. 4-5 pm: Prepare dinner with my whanau	3:30pm: Call my friends 4-5 pm: Prepare meals with whanau
Evening	7-8 pm: Unwind, read my book 9pm: Bedtime	6:30pm – “worry-time” – note down my thoughts and share with husband
Notes:	Work from home. Complete top priority tasks when I feel my best after my morning walk.	

_____’s Weekly Activity Diary

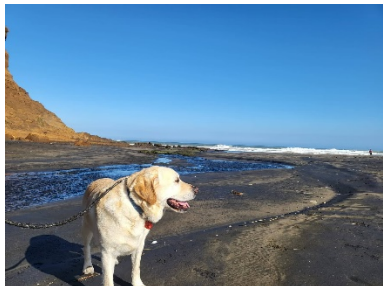

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Notes:							

Gratitude Journal

Experiencing Long COVID can be stressful and challenging. It is common to feel changes in mood, concentration, and energy. Keeping a gratitude journal can be a simple, yet effective way to boost your positive emotions and improve your mood. Practising gratitude can improve your physical, psychological, social, and spiritual wellbeing. By feeling grateful we can improve our mood, sleep better, take better care of our bodies and minds, and improve our relationships with others.

On the following page is a template of a gratitude journal. This template can be adapted to meet your individual needs. You may choose to write, paste images, or even draw the things you are grateful for.

An example:

Day	Three things you are grateful for today
<p data-bbox="204 788 308 822">Monday</p> 	<ol style="list-style-type: none"> <li data-bbox="810 788 1070 822">1. The lovely weather <li data-bbox="810 864 1129 898">2. My friends and whanau <li data-bbox="810 940 927 974">3. My pet
<p data-bbox="204 1146 308 1180">Tuesday</p> 	<ol style="list-style-type: none"> <li data-bbox="810 1146 1114 1180">1. The beautiful outdoors <li data-bbox="810 1223 1078 1256">2. My work colleagues <li data-bbox="810 1299 1066 1332">3. Meeting my nieces

My Gratitude Journal

Day	Three things you are grateful for today
Monday	1. 2. 3.
Tuesday	1. 2. 3.
Wednesday	1. 2. 3.
Thursday	1. 2. 3.
Friday	1. 2. 3.
Saturday	1. 2. 3.
Sunday	1. 2. 3.

My coping plan

These activities help me manage my symptoms:	Helpful things to say to myself:
<i>e.g., daily gentle walks, keeping an activity log</i>	<i>e.g., "I am not alone in experiencing this difficult situation." "It is okay if I cannot finish all my tasks today, I need my rest to recover"</i>
These things help feel relaxed and happy	These are the people I can talk to who are helpful:
<i>e.g., daily calls with my whanau</i>	<i>e.g., my doctor, my whanau, my friends</i>
	If I have a medical query, I can ask...
	<i>e.g., my GP</i>

If you need someone to talk to and don't feel like you can talk to your whānau or friends try 1737, its free and confidential.