



# COVID Recovery Support Groups

## Mental Health Matters: For the Long Haul of COVID-19 Recovery A Four-Part Series

COVID-19 is contributing to a national mental health crisis. For those who have been on the long road to recovery after contracting COVID-19, recovery can be slow, confusing, scary and frustrating.

Some of the more challenging aftereffects of COVID-19 can be understanding and managing emotions and “Brain Fog.” These can present as anxiety, depression, frustration, sleep disturbance and feelings of confusion and memory loss and, because of that, Atlantic Behavioral Health is an integral partner with the Atlantic Health System COVID Recovery Center.

Please join our four-part virtual support series where you will get:

- › Validation and support to deal with the continuum of emotions COVID-19 evokes
- › Self-compassion and calming techniques – deep relaxation/mindfulness
- › Strength and hope to create a spiritual healing plan to help face post-COVID-19 challenges
- › And more

**Sessions will be held from Noon to 1:00pm via Zoom Meeting:**

**Tuesdays, March 30, April 6, April 13 and April 27**

<https://atlanticealth.zoom.us/j/6652297096?pwd=cldzNzI5MXI0T0NYc2o1MzArL25qdz09>

Meeting ID: 665 229 7096    Passcode: 269010

**Session One: COVID Recovery – It’s Not in Your Head (You Are Not Alone)**

Many COVID-19 long-haulers feel that they are alone and that no one else knows what they are going through. Join us for this session of validation and support. Share your journey and get encouragement from others on the path to recovery.

**Session Two: Self-Care and Deep Compassion**

This session will focus on the tough and the tender. We will have some tough talk to help you prepare for your medical appointments and some tender talk on how to be kind to yourself. It is easy to get down on yourself. Deep self-compassion can help you recharge for the long haul to recovery.

**Session Three: Create Your COVID-19 Recovery Spiritual Plan**

We are all more than a diagnosis. We are body, mind and spiritual beings. And, when going through a long recovery we need lots of hope. Join us as we explore how to develop a personal spiritual self-care plan.

**Session Four: R&R – Let’s Talk About SLEEP**

Sleep is often disrupted during COVID-19 recovery. We will share some tips on getting some good rest to help your recovery.