



Helping You Feel Better after COVID-19

Videos and Self-Guided Learning

These videos talk about some of the common symptoms and challenges faced by Albertans living with long COVID. Videos can be watched in any order, at any time, and as many times as you want. Click on the class name to start the video or open the workbook.

Eating after COVID-19

- [Nutrition and Fatigue after COVID-19](#)
- [Difficulty Swallowing after COVID-19](#)
- [Loss of Taste and Smell after COVID-19](#)

Managing Breathing and Sleep

- [Managing a Persistent Cough after COVID-19](#)
- [Managing Shortness of Breath after COVID-19](#)
- [Managing Sleep after COVID-19](#)

Managing Daily Life

- [Managing Changes in Thinking](#)
- [Managing Fatigue after COVID-19](#)
- [Post COVID-19 Fatigue and Routines](#)

Managing Pain and Getting Active

- [Managing Pain after COVID-19](#)
- [Exercising at the Right Level and Monitoring Symptoms after COVID-19](#)
- [Tips for Getting Started with Exercise after COVID-19](#)

Managing Stress

- [Managing Stress](#)
- [Self-Guided Learning](#) (workbook)

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