From the mental health consultants
at **Behaveo.com**

scan to
read online

My Science-Based **COVID Recovery Routine (+Omicron)***

Whilst we know that vaccinations are keeping the more vulnerable out of hospital and have significantly reduced mortality rate, there are still ~20% of the eligible UK population who aren't fully vaccinated. **Here's hoping this helps you prepare well and recover swiftly from the virus,** and, to be honest, some of this routine I continue to practice in order to prevent future illness by strengthening my immune system all year round.

Morning

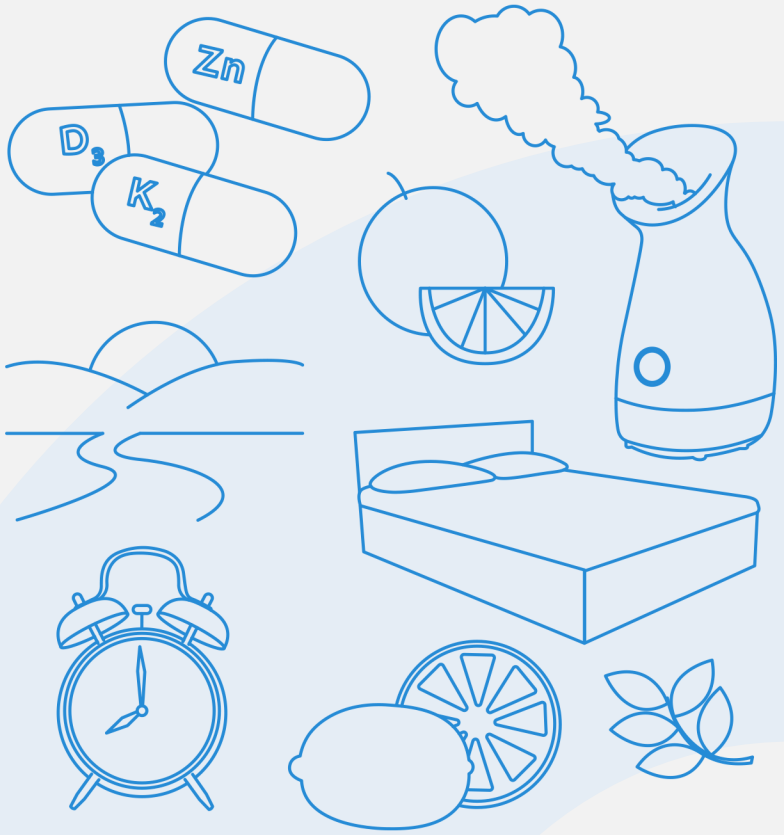
- Wake up ~08:00am
- Drink 500ml of water
- Hot steamer session
- Remove nasal strip
- Stretching session
- Take a walk outside
- Eat a hearty breakfast
- Take a Vitamin D3 tablet
- Take a Vitamin K2 Tablet
- Take a Zinc supplement
- Take an anti-inflammatory
- Breathe in saline nebuliser
- Drink 500ml of water
- Meditation session

Afternoon

- Eat a healthy lunch
- Take an anti-inflammatory
- Time to rest Zzz...
- Breathe in saline nebuliser
- Drink 500ml of water

Evening

- Eat a high-carb dinner
- Watch a comedy series
- Hot steamer session
- Into bed by ~10pm
- Listen to the Calm app



That was my mostly science-based COVID recovery routine that has ensured my symptoms didn't worsen and that I bounced back to full health twice. Now I didn't stick to this religiously all the time, but a bit of planning in advance will help to stick to this routine as much as possible. **Having a routine can certainly be helpful in times of unpredictability, uncertainty, and stress.** Implementing a structure to your day can give you a sense of control and it can also boost mood at times like these. I do hope it helps you.