

Long Covid Feedback Session Report

We gathered a few months after the last live workshop to chat about the long covid support course: what is working for us all and our reflections about this work.

It was a very lively and interesting discussion starting with a gentle movement exercise to connect to our bodies and our breath. It was good to reconnect:

“Seeing everyone again energised me; a sense of familiarity, a sense of something other than the norm”

BENEFITS were found in many areas, for example:

Natural Breathing and Movement

Many people found more ease through natural breathing and experienced improvement in mental and physical health through gentle humming.

“I found it very useful what was shown about breathing particularly the importance of breathing out to get the CO2 out”

“I have found the humming particularly useful - feeling the vibrations in my chest”

The gentle movement sessions were found to be energising - even those with very minimal movements. Lying in constructive rest following the team’s guidance brought relief too. (Harmony in Health audio guides coming soon.)

“When my mind went into overdrive with fear, I found it useful to rest and listen to someone else talking and guiding through an exercise. Through paying attention to different parts of my body it seemed like my whole system calmed, particularly my head, which helped everything”

“I try to ground myself, standing barefoot in my garden on the soil and look at the sky”

Nutrition

Participants commented on changing their diets following the course so suit their types and particular symptoms and being more aware of mindful, and seasonal, eating.

“I did change my diet -I was following an Ayurvedic way of eating. I was very, very cold when I was unwell, so I looked for the fiery foods and herbs that would bring warmth in me”

"I now have a sense of the need to eat better although to begin with I had a healthy diet. I have learnt more how to enjoy preparing the food and to slow down - and to avoid distractions when eating"

People mentioned the realisation of the importance of 'digestive fire' and the gut brain connection.

"I now include different herbs and spices and seasonal colourful food to strengthen my digestion"

"The magical rice pudding recipe brought me back to life!"

'Soul Food'

The course included expert inputs on music, nature, poetry, chanting, sacred geometry and stories. People found that connecting to these brought joyful moments and contributed to health.

"Soul food can feed our sense of belonging, connect us to something bigger"

"I didn't realise how much I was lacking these different experiences - how much I needed just to watch the ducks, sit under a tree, look at the change in flowers. Listening to stories and fairy tales I found very comforting"

"Just listening to music is very powerful and can take me into a different space. I now listen to more beautiful, uplifting songs. I find them grounding"

"I am a writer. During this period, it was nice to read children's stories and watch light comedy - nothing at all scary!"

Routines

People had changed their daily routines, particularly in the mornings, and found better body awareness and a more joyful start to the day.

"I think of the course in the morning and I start the day connecting with my five senses, touching, smelling, seeing something beautiful, tasting consciously"

"I began to have warm foot baths each morning with heating herbs - this helped tremendously"

Noticing habits and recording little discoveries through journaling was found helpful.

"I had this long period of inattention which created fear and I couldn't focus. I used journaling which helped. Working with language can get us out of our fog, we can translate our thoughts into words and then perhaps into action"

"I use journaling as habit tracker - and I was able to see how certain things affect each other e.g. amount/quality of sleep and appetite or mood"

Self-empowerment

Participants all commented on how the course had given them more confidence in managing their long covid symptoms themselves.

"The workshops helped me to have more confidence in experimenting with things that might help and to allow myself to nourish myself"

"Thanks to the workshops I learned that I can allow myself to have a joyful and humorous approach to everyday life. I learned to trust small changes. I found there is no situation without a way out, sometimes it is necessary to let go of ways of doing things that we are used to and try from a different angle. I discovered that there is a gentle way, not a forcing one"

People also valued feeling more in touch with themselves and their own needs.

"I have been more able to dismiss feelings of self-blame and set more realistic expectations for myself"

"I released that panic is my biggest enemy - now I have more courage to let go and trust to change my reality"

"This long covid support helped me with a sense of coming back to myself. Also with accepting my limitations. From the group I got a better sense of myself, instead of trying to be someone else. It was like a private love affair with myself"

"I can now focus on myself as I am, rather than trying to get better to fit in with what I was doing before"

Style of support

The sense of a nurturing course at the right speed and with gentle, nourishing inputs was valued.

"The workshops had a good pace, there was an atmosphere of voluntariness and self-reference in decision making, and all advice was offered as suggestions to try out, not as something imposed"

People also valued the individuality of the approach.

"I realised that there is no "one size fits all" approach whilst dealing with illnesses such as long covid"

"I now have things that suit me to help me to navigate a path back to health"

IN THE FUTURE:

People were keen to meet up live at some point in the future. Harmony in Health live workshops are currently planned for the New Year, along with audio guides and more podcasts on various topics covered in the workshop.

All workshops are being released FREE on our website over the next few weeks:
www.harmonyinhealth.org