

Self-help series fact sheet 14

Finding new meaning

Chronic illness can throw your life into a tailspin when your dreams and identity need to change. The importance of finding a new meaning for your life post COVID is important.

Below are some ways that you can find new meaning:

1. Let your talents lead you to new opportunities. If you like to paint consider selling these in your local café on commission, or if you like to write consider writing short stories.
2. Make connections with people with whom you share interests.
3. Set small goals that are challenging but clear for example this week I will email three friends. Even consider copying the one email so your friends know where you are at. Or ask a friend to take you for a drive and get a meal or drink together.
4. Help others when you can. If you find you have some energy in the morning consider volunteering at a charity for one or two hours.
5. Listen to inspirational podcasts for motivation.
6. Commit to something you've always wanted to do. Have you always wanted to learn another language? There is so many self-paced courses online now. You can do it depending on your energy levels each day.



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7. Practice self-care every day.
8. Change up your routine and try new activities. Maybe surprise your loved one with a picnic – order take away and throw a blanket and pillow on the loungeroom floor.
9. Remember to pace yourself and make sure your physical well-being and mental health are looked after.

If you need further information or support please have a look at our website at www.EmergeACT.org.au or the long COVID playlist on our YouTube channel at www.youtube.com/@arthritisact3717