

Stress diary

Return to exercise and sporting activity

The Borg scale

Regular use of the Borg scale can help people with long COVID to gradually increase their activities over time.

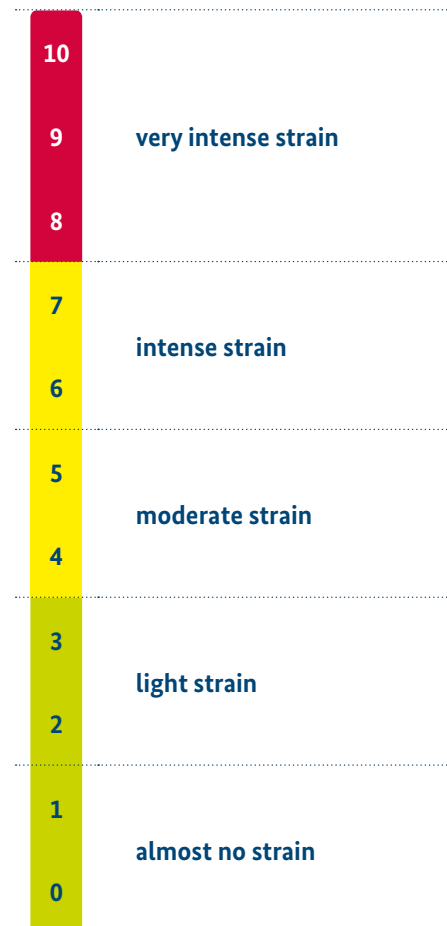
Using the scale, you can rate your activities according to how strenuous you find them on a scale of 0 (almost no effort) to 10 (very strenuous effort). If the scale is used for a stress diary, all everyday activities can be regularly assessed. In this way, you can learn to listen to your own body and gradually increase the load according to how you feel.

If you would like to keep a stress diary, you can print out pages 2–5 of this document. There is a separate field to fill out for each day. You can use the example as a guide.

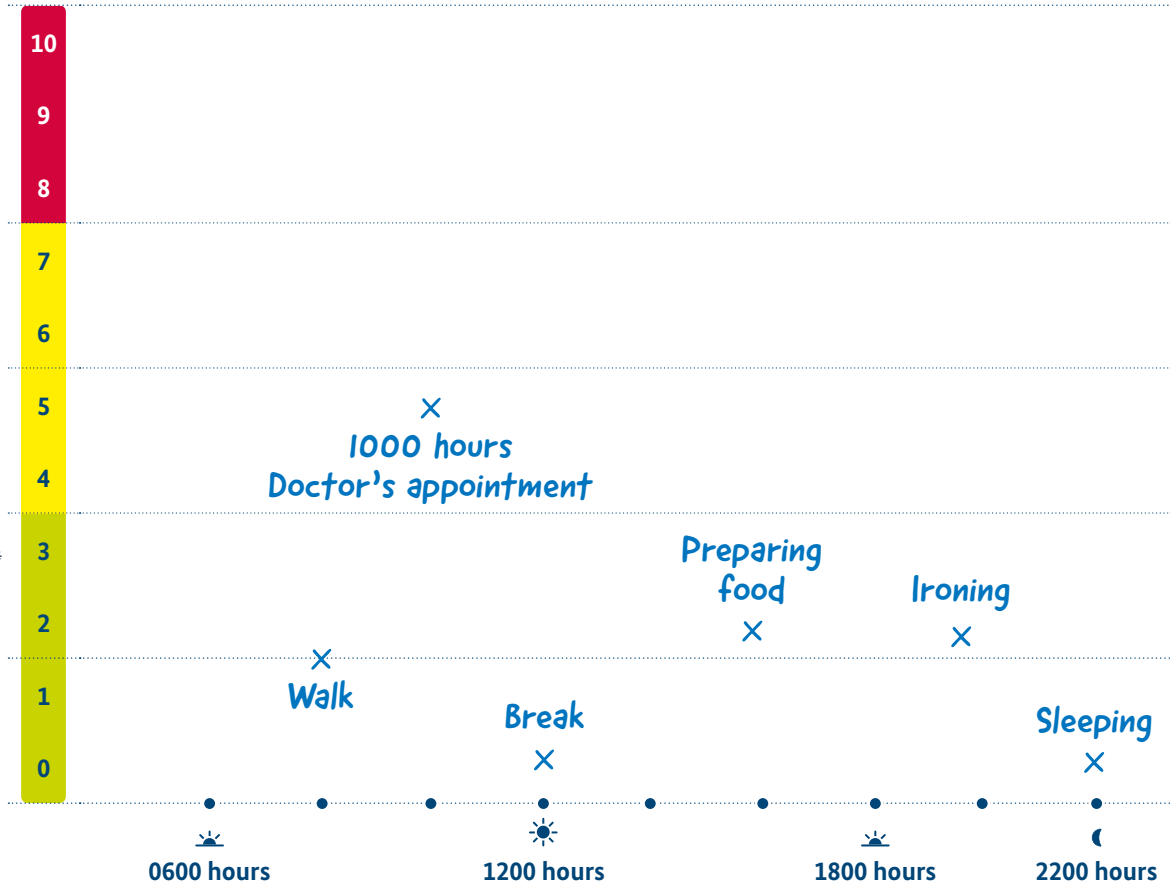
Avoidance of overloading

Caution: Make sure you avoid overloading yourself, e. g. by alternating between strenuous and less strenuous activities.

Strain



Strain

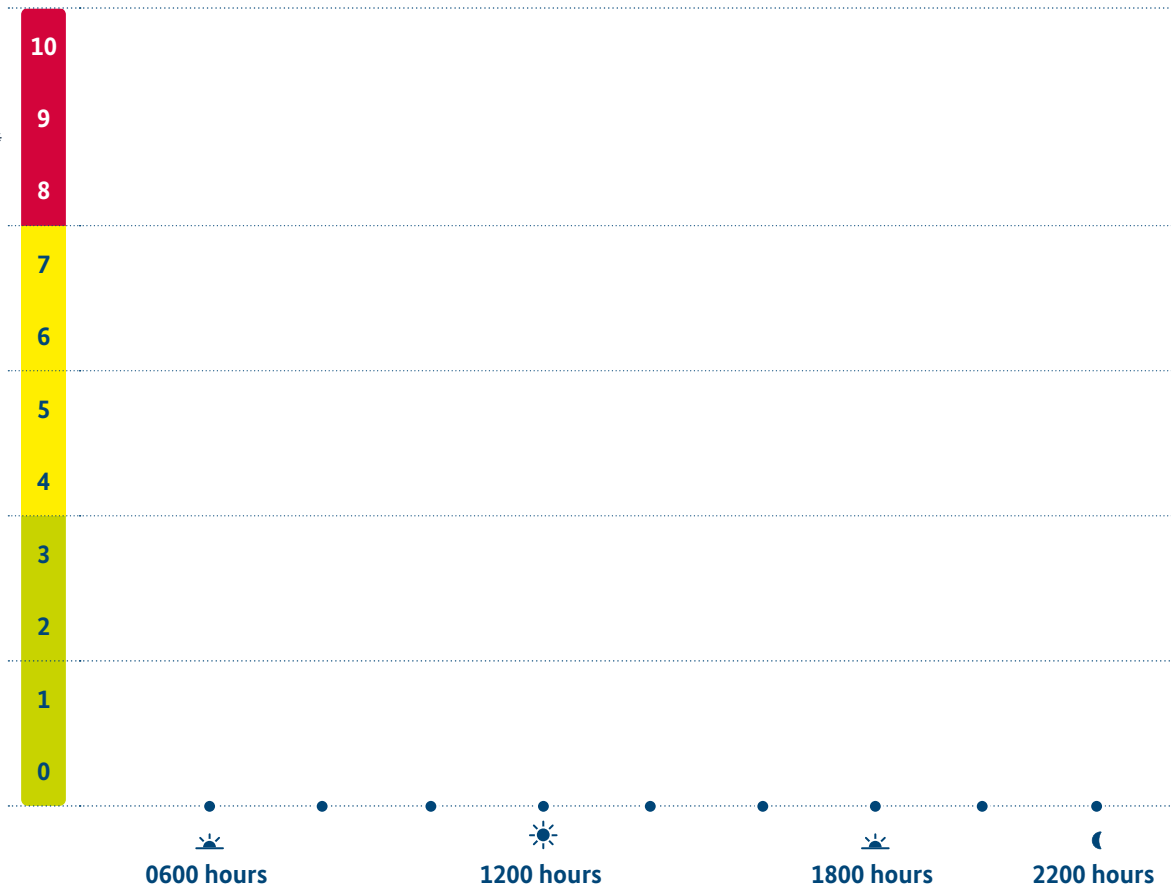


Example

Somewhat better today, less exhausted

Remarks

Strain



Monday

Remarks

Strain

Tuesday



Remarks

Strain

Wednesday



Remarks

Strain

Thursday



Remarks

Strain

Friday



Remarks

Strain

Saturday



Remarks

Strain

Sunday



Remarks