

Chronic Fatigue & Long COVID Support and Skills Group



MEETING INFORMATION



Location:

Virtual



Time:

Likely Tuesday at 2:00 pm or
Tuesday at 5:00 pm



CONTACT:

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ABOUT THE GROUP

This therapy group is a supportive virtual environment for individuals experiencing stress related to Chronic Fatigue Syndrome (CFS)/myalgic encephalomyelitis (ME) or Long COVID to discuss their health-related stressors and learn CBT skills to help them cope with the psychological impact of their medical symptoms*. Although CBT will not cure or treat medical symptoms, the skills covered in the group can help members prevent and manage the stress associated with having a chronic illness.

*I am not a medical provider and will not provide medical recommendations for various physical health symptoms.

GROUP TOPICS

- Acceptance/ understanding CFS/ME and Long COVID
- PEM and Pacing
- Self-care planning
- Managing stress/ anxiety/ depression
- Ambivalence about implementing lifestyle changes
- Self-acceptance and self-compassion
- Identifying coping skills that are not energy- draining
- Mindfulness and relaxation
- Behavioral strategies to manage symptoms of brain fog
- Communicating with others about CFS/ ME and long covid
- Self-advocacy
- Setting and maintaining boundaries