



HEALING THE SOUL IN THE CORONA PANDEMIC OR AFTER A COVID-19 DISEASE

The global **Covid-19 pandemic** can cause emotional distress in many ways. In addition, long-term psychological consequences can occur after a Covid infection.

What can be triggered by the pandemic:

- » Anxiety disorders
- » Depression
- » Adjustment disorders
- » Impairment of concentration
- » Sleep disorders
- » Trauma and stress related disorders
- » Chronic fatigue
(also known as **Post-Covid-Fatigue**)



PSYCHIATRIC REHABILITATION

IN THE **PRIVATE CLINIC HOLLENBURG** - IN KREMS AN DER DONAU

for body, mind and soul

What does rehabilitation do?

- » Reduction of negative feelings such as depression, anxiety and panic
- » Targeted stress relief
- » Reduction of pain and inflammation processes in the body
- » Restoration of inner balance and the feeling of peace
- » Improvement of physical performance, strength, stamina and fitness
- » Sleep improvement
- » Focus on the future prospects and increase of self-esteem
- » Focus on full recovery from Covid disease



We are here
for you...
02739/77 110

OUR TREATMENT CONCEPT FOR YOU

The **6-week inpatient rehabilitation** offers you a holistic program for body, mind and soul with a focus on medicine, psychotherapy and physiotherapy. Even after recovering from Covid, you can suffer from psychological and physical symptoms. Rehabilitation is an essential step back towards a **healthy life**.

Which treatments do you need?

MOVEMENT THERAPY

Elevates mood, relieves stress and reduces pain.

RELAXATION

Relaxation methods release physical tension and fears.

MEDICINE

Specialist and general medical care as well as health-promoting training.

PSYCHOTHERAPY

Finding your way back to life through psychological resilience.

NUTRITION

Can positively influence the course of inflammatory diseases.

CREATIVE THERAPY

Joint creative activities release blockages and positively influence emotions.



Requirements for rehabilitation are:

- » Being virus-free
- » Approved rehab application from the insurance company
- » Rehabilitation ability
- » Treatment motivation

THE WAY TO US

Submit your application for **psychiatric rehabilitation** together with your family doctor or specialist; the costs for your stay will be covered by your insurance company.

