

How to take care of yourself when you are sick

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Relieve symptoms

Drink enough water

This is very important and even more important when you are sick. You can drink water, juice, etc. This will help replace the water you lose due to illness and reduce congestion in your body.

The amount of water you should drink varies from person to person, depending on factors such as age, climate, activity level, etc. In general, it is recommended that people drink at least 6-8 glasses of water or other fluids each day.

Drink warm drinks or eat soup

Tea, broth, or soup can help relieve many symptoms (including coughs, sore throats, and congestion). Warmth can also provide immediate comfort. Caffeinated drinks are not the best choice when you're sick, as they can dehydrate you. You can try herbal teas or add honey to make them more palatable.

Wash your face with cool water

When you are sick, you often look tired and weak. Splashing cold water on your face will make you feel better. You are also prone to pimples and acne when you are sick. Your nose may be running and your immune system has a lot of other work to do. Washing your face with cold water will shrink your pores and clean out the area around your eyes, making you feel better.

Clean your nose properly

If you have a stuffy nose, don't make it worse by trying to clear it incorrectly. Pinch one nostril and gently blow the other to avoid hurting your ear. Wash your hands afterward, and applying a hot or cold compress to your nose is another way to relieve congestion, as are nasal drops.



Clear throat

If you have a sore throat, in addition to drinking warm beverages, gargle every few hours. Dissolve $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of salt in a cup of warm water and gargle to relieve pain. Over-the-counter throat sprays may also help. Be sure to carefully follow all package directions regarding dosage and frequency of use.

Cough drops, lozenges, ice chips, and even hard candy and popsicles can all soothe a sore throat.

Mental comfort

Prioritize rest

This means canceling any plans you had and letting others (like your parents, family, or employer) know that you are sick. If you feel sore or stiff after being in bed for a long time, try stretching before bed. You can do three or four stretches while you are in bed. The more you take care of yourself, the sooner you will recover.

Warm bath

The steam will help soothe any discomfort in your body so you can relax and unwind afterwards. It will also moisturize and soothe your sinuses, making you feel better if you have congestion. After your shower or bath, return to the space you have prepared to recover and stay warm by covering yourself with a blanket or robe. Sit back, relax, and get comfortable.

Create a space where you can rest

Rest in a quiet, airy and warm place. You can play relaxing music and add some scent to make your body and mind feel as comfortable as possible.



Rest and Relax

Sleep a lot

When you are sick, your body will definitely crave sleep more. Be comfortable with sleep at this time. Don't worry if you sleep more than 8 hours/day because sleep will help your body rest, and focus all its energy on recovering the damaged parts.

Gentle exercise

Even if your body is tired and you are no longer interested in exercising, try a little. Because light exercises can help blood circulation, you will also feel less tired afterwards. Remember to exercise gently, because if you

exercise too much, you may have the opposite effect.

Above are **the basic steps to take care of yourself when you are sick** . How do you usually take care of yourself when you are not well? Let's share!

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