

# IT'S NORMAL

TO HAVE INCREASED FEELINGS OF FEAR, WORRY, ANXIETY, SADNESS, OR ANGER WHEN IN QUARANTINE AND THIS CAN BE LINKED TO MANY REASONS.

## HERE ARE 7 EFFECTIVE



### SELF-CARE TIPS ON COPING WITH EMOTIONAL DISTRESS DURING QUARANTINE

1



Try doing activities that you enjoy or find relaxing (reading, praying, meditation, cognitive games such as crossword or Sudoku, watching TV).

4



Try to do relaxation and breathing exercises (such as deep breathing) 2-3 times a day. It can be effective in reducing anxiety.

7



If you have difficulty sleeping, it is important:

- to do breathing and relaxation exercises before bed,
- not to spend the day in bed,
- to wake up in the morning at the same time every day even if you did not sleep well last night.

2



Reach out to loved ones and friends via phone, messaging, and social media; talk to trusted others about any distressing thoughts or feelings.

5



Decrease the time you spend on news, as this can cause anyone to feel worried.

3



Try to do as much physical activity as you can (standing up every 30 minutes, or walking around the room...).

6



Seek information only from reliable sources: (@mophleb @wholeb @UNICEFLebanon).



SCAN CODE

### IF YOU FEEL YOU WOULD LIKE TO TALK TO SOMEONE, YOU CAN:



If in the hospital, request to speak to an **ON-CALL MENTAL HEALTH PROFESSIONAL**.



Call the National helpline **EMBRACE LIFELINE 1564** (between 12:00pm and 5:30am).