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.

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

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

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

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

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

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

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).

Scan code 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.

It is normal to have increased feelings of fear, worry, anxiety, sadness, or anger when in quarantine and this can be linked to many reasons.