





ENORMAL

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

HERE ARE

7EFFECTIVE



SELF-CARE TIPS
ON COPING WITH
EMOTIONAL
DISTRESS
DURING QUARANTINE





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





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 have difficulty sleeping, it is important:

- to do breathing and relaxation exercises before bed,
- onot 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.

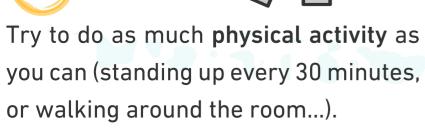




Decrease the time you spend on news, as this can cause anyone to feel worried.



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





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).

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