



مستشفى الملك فيصل التخصصي ومركز الأبحاث  
King Faisal Specialist Hospital & Research Centre  
مؤسسة عامة Gen. Org.

# COVID-19 Outbreak and Promoting Mental Health

- Trust and depend on Allah
- Be positive
- Be optimistic and avoid pessimists
- Rely on official sources for information
- To expel boredom and feel achieved prepare a list of daily tasks and execute them
- Develop your skills
- Stay connected with others through means of communication
- Maintain a healthy lifestyle
- Reduce following the news
- Relax and meditate if possible
- Ask the experts for help if needed

