



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

Self-Care Tips

It's very important to take care of yourself during times of distress.

Here are some tips from Mental Health Section at KFSH&RC-J



- Try to accept all the feelings and emotions that come up for you.
- It is normal to feel scared, anxious or overwhelmed about COVID - 19.
- Naming/acknowledging our feelings with compassion reduces the intensity and negative impact.

Designed by: PMA

It's The Right Time
to be Positive

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Emotional Wellbeing