



مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
Gen. Org. مؤسسة عامة
Jeddah 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 engage with something good and fun for your soul:

- Arts and crafts.
- Watch/create a funny clip.
- Listen to your favourite music or read a book.
- Play games and do puzzles.
- Meditate and do some breathing exercises.

Designed by: PMA

It's The Right Time
to be Positive