



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



Focus your attention on what is within your control:

- Schedule time for worry.
- Write down your excessive worries.
- Make your to-do list.
- Speed clean your workspace.

Designed by: PMA

It's The Right Time
to be Positive