



مستشفى الملك فيصل التخصصي ومركز الأبحاث
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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



Journaling

- Create a daily list of 5 things you grateful for.
- Acknowledge and write down one thing went well for you today.

Designed by: PMA

It's The Right Time
to be Positive