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**