



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

It's The Right Time
to be Positive

Try slow breathing

Slow breathing helps reduce stress and you can use it anytime!

Repeat the steps until you feel relaxed.



Inhale slowly through your nose to the count of 4
Relax your shoulders
1.. 2.. 3.. 4



Breathe out through your mouth slowly to the count of 4
1.. 2.. 3.. 4



Hold the empty breath for 4 counts