



مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
Gen. Org. مؤسسة عامة
فندق صيدا Jeddah Branch

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



Slow down

and check with yourself

- How am I feeling?
- What am I feeling?
- Where do I feel it in my body?

Designed by: PMA

It's The Right Time
to be Positive