



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



UNPLUG.

Take a break and take time for you:

- Nurture your soul.
- Practice self-soothing to calm and relax yourself.

Designed by: PMA

It's The Right Time
to be Positive