



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

## Cognitive restructuring during this pandemic

It's The Right Time  
to be Positive



**I am stuck  
at home**



**I am safe  
at home**





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**I will  
get sick**



**I will self-isolate  
and wash my hands,  
that should  
significantly reduce  
the chances of infection**



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**I will run out of stock while self-isolating**



**I have prepared for this so i will use my stuff wisely**





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**Everything is shutting down, i am panicking**



**The most important places such as groceries, pharmacies and medical centres remain open**



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**There is too much uncertainty right now**



**while i cannot control the wider situation, i still can control my actions**