

6



Seek information **only** from **reliable sources** (@mophleb, @wholeb, @UNICEFLebanon) in order to help you distinguish facts from rumors.



SCAN CODE

7



If you have difficulty sleeping, it is important:

- to do breathing and relaxation exercises before bed,
- not to spend the day in bed,
- to wake up in the morning at the same time every day even if you did not sleep well last night.

WHEN FEELING STRESSED, IT CAN BE HELPFUL TO **TALK ABOUT YOUR THOUGHTS AND WORRIES, ESPECIALLY WITH A PROFESSIONAL.**

IF YOU FEEL YOU WOULD LIKE TO TALK TO SOMEONE AND RECEIVE SUPPORT, **YOU CAN:**



If you're in the hospital, inform a nurse or a member of the medical team and request to speak to an **ON-CALL MENTAL HEALTH PROFESSIONAL** via phone or video call.



Call the National helpline **EMBRACE LIFELINE 1564** (between 12:00pm and 5:30am).



# HOW CAN I COPE WITH EMOTIONAL DISTRESS DURING QUARANTINE

# IT'S NORMAL

to have increased **feelings of fear, worry, anxiety, sadness, or anger** when in quarantine. This can be linked to many reasons:

- Feeling unwell
- Fear about your health and the health of your loved ones
- Feeling isolated and separated from family and friends
- Financial concerns due to reduced economic activity and fear of losing one's job
- Unwanted and rapid lifestyle changes (suspended employment, school closures, travel bans, etc.).

# 7 EFFECTIVE

## Self-Care Tips on Coping with Emotional Distress During Quarantine

1



Try doing **activities that you enjoy or find relaxing** (such as reading, praying, meditation, cognitive games such as crossword or Sudoku puzzles on mobile, watching fun television shows).

2



**Reach out to loved ones and friends** via phone, messaging, and social media; talk to trusted others about any distressing thoughts or feelings.

3



Try to do as much **physical activity** as you can (such as standing up every 30 minutes, or walking around the room).

4



Try to do **relaxation and breathing exercises** (such as deep breathing) 2-3 times a day. It can be effective in reducing anxiety.

5



**Decrease the time you spend on news.** The near-constant stream of news reports about an outbreak can cause anyone to feel worried.