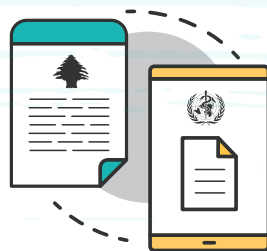


6

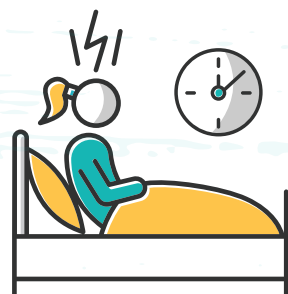


Seek information **only** from **reliable sources** (@mophleb, @wholeb, @UNICEFLebanon) in order to help you distinguish facts from rumors.



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.