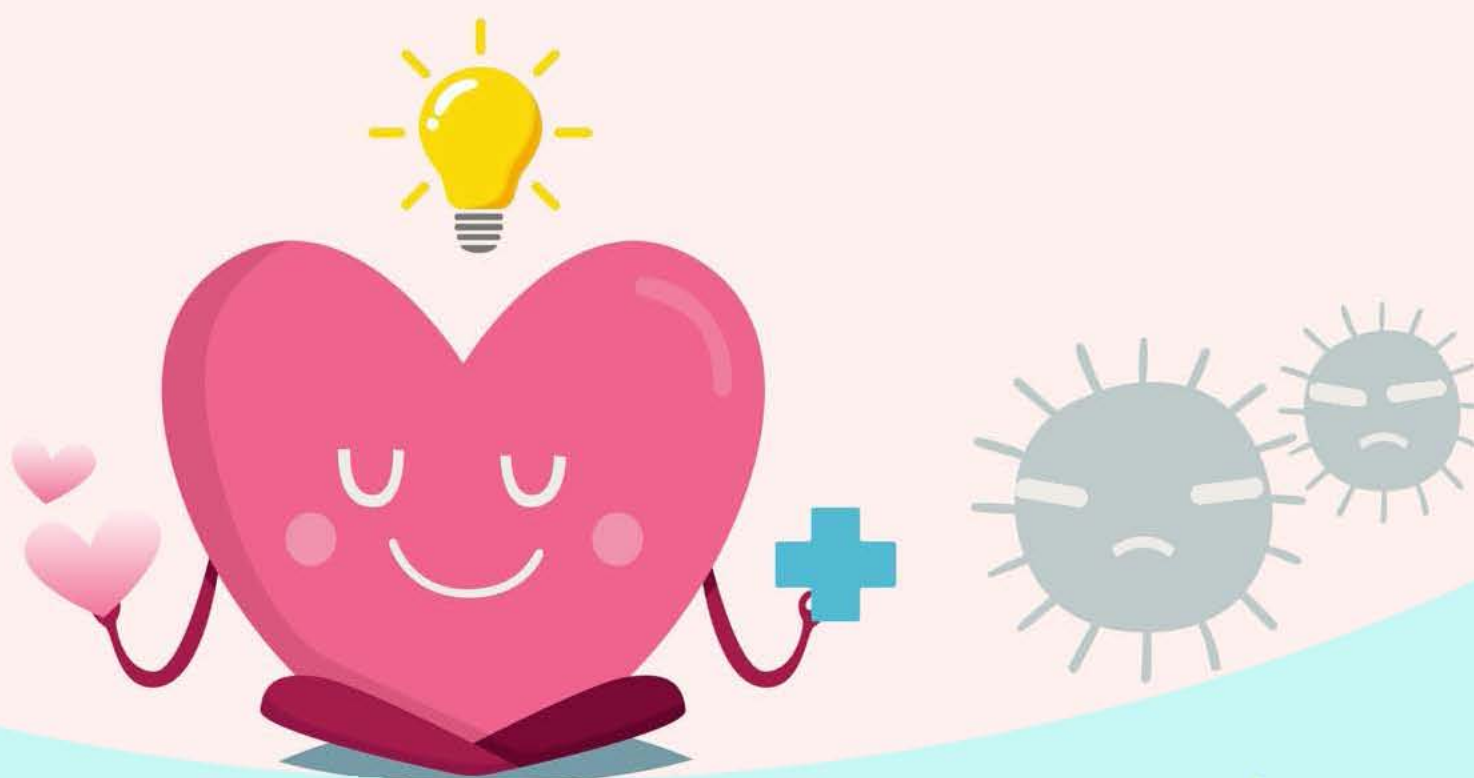


Maintaining Psychological Health
amid Fears of
Novel Coronavirus Spreading



CoPE Together

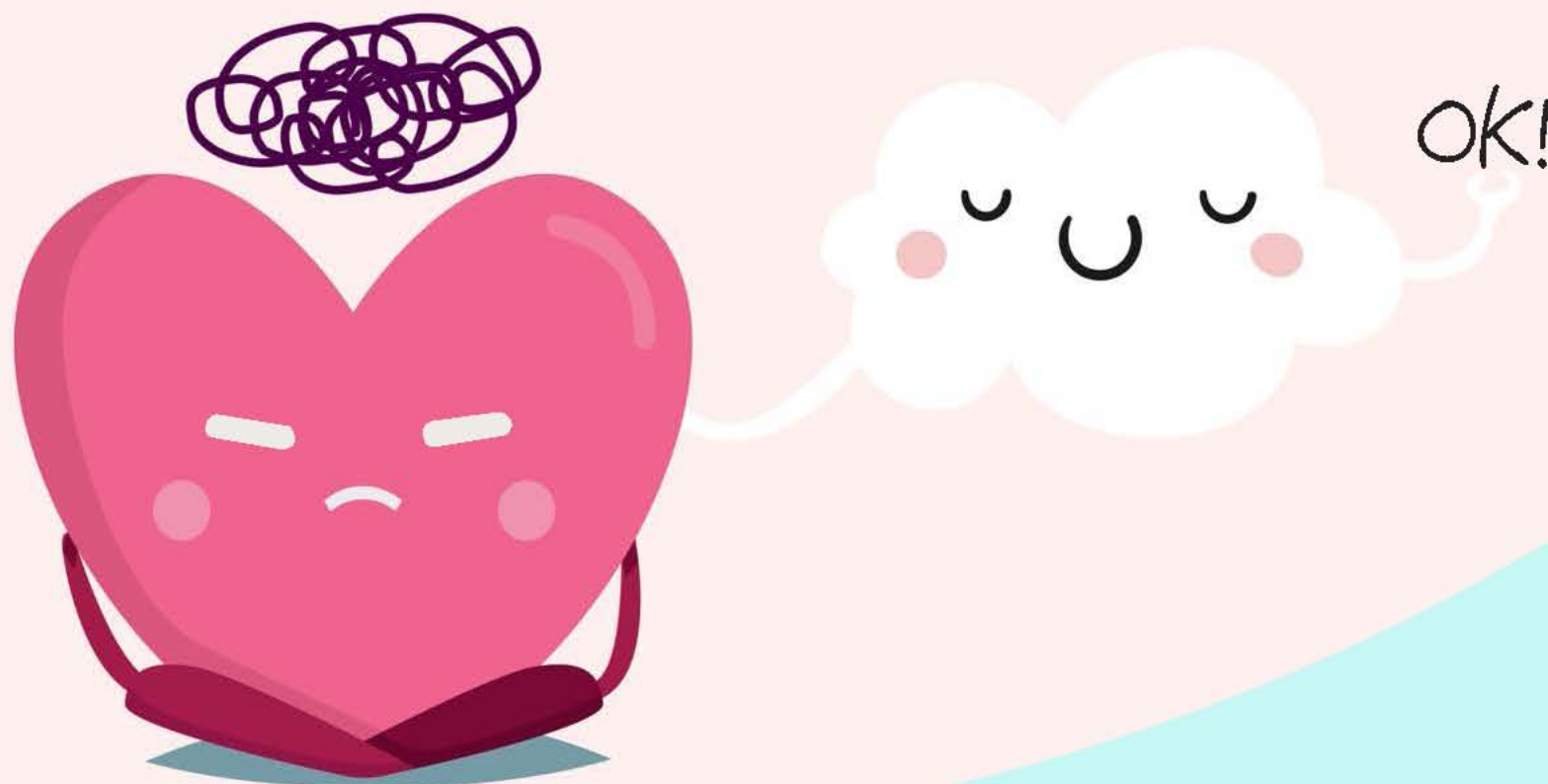
Many of us are concerned about the development of the novel coronavirus outbreak. While you are taking proper precautions to maintain personal hygiene and prevent transmission or infection, do not forget to take care of your psychological health.



1 Accept your emotions

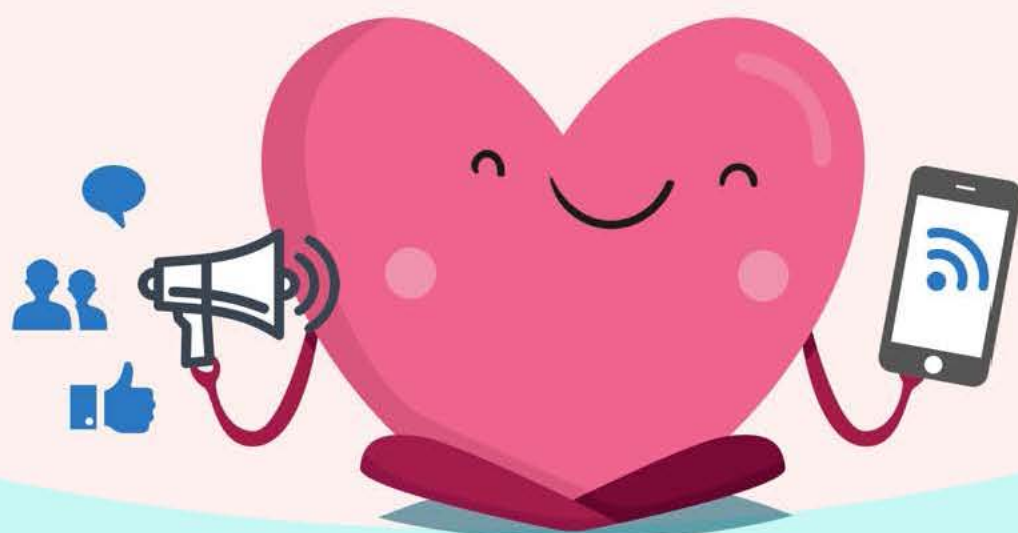
Heightened stress responses and increased concerns about your health and body are normal and understandable in light of the emergence of new illness and uncertainties.

It is alright for you to feel worried, anxious, irritable or even helpless at times.



2 Browse information smartly

- ✔ Limit your time spending on listening or watching media coverage
- ✔ Differentiate facts and scientific findings from speculations
- ✔ Check the reliability of the sources
- ✔ Filter useful information



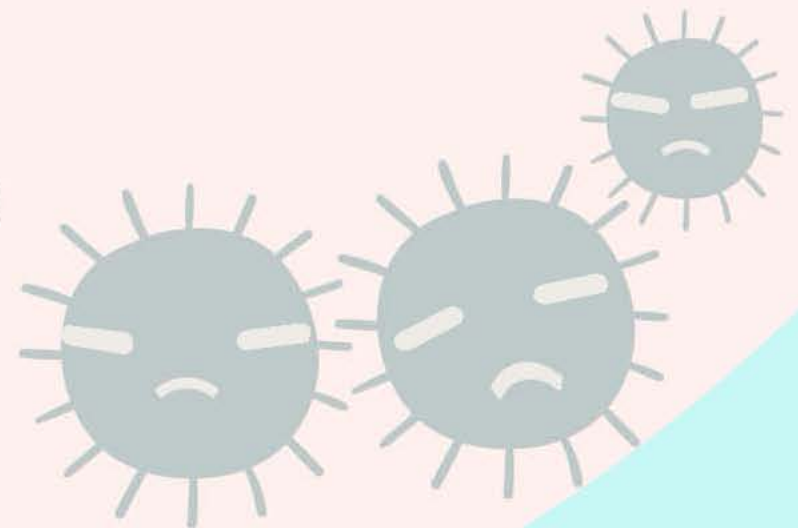
3 While you are staying in or self-quarantine

Do things that you normally do not have time for:

- Unread books
- Music and movies
- Working out at home
- Home-facial
- Hot shower
- Tidying up rooms and stuff
- Drawing/ Calligraphy/ Handicrafts



Appreciate yourself for the kindness and collaborative efforts in reducing the spread of the infection.



4 Stay connected with supportive friends and family

- ✿ Call or text them to show your care
- ✿ Let them know your needs
- ✿ Spend positive time with people who are staying with you
- ✿ Have more understanding and acceptance to people close to you during this difficult time



5 Manage your worries

- ❁ List out things that you can and cannot control separately
- ❁ Come up with concrete steps to plan for things that are controllable, such as
 - Take stock of necessary items
 - Get some non-perishable food
 - Set up groups to help each other
- ❁ Seek comfort from your spiritual belief



6 Keep a healthy lifestyle

- ❁ Maintain regular daily routines
- ❁ Be physically active
- ❁ Drink enough water
- ❁ Have adequate rest and sleep



7 Try relaxation and mindfulness exercises

- ✿ Try the selected exercises on the Relaxation and Mindfulness Exercises page to regain peace for your body and mind

<https://www.cedars.hku.hk/cope/pe/exercises>



- ✿ Discover handy self-care tips from CoPE Together: A Series of Tips on Helping Yourself and Others

<https://www.cedars.hku.hk/cope/pe/copetogether>



8 If you would like to talk to someone,
counsellors at CEDARS-CoPE
are ready to listen and support you

Call 3917 8388



Remind yourself to

Stay calm
Remain rational
Be practical





Counselling and Person Enrichment Section (CoPE)

Phone: 3917 8388

Email: cedars-cope@hku.hk

