



Coping strategies

when dealing with the Covid-19 Coronavirus after being released from the hospital:

For people who have been released from quarantine, being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine.

Some feelings include :

1. Mixed emotions, including relief after quarantine
2. Fear and worry about your own health and the health of your loved ones
3. Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
4. Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
5. Guilt about not being able to perform normal work or parenting duties during quarantine
6. Other emotional or mental health changes.

However these are things you can do:

Given all of the associated unknowns we are faced with, we can tap into our inner strengths and coping strategies to increase our resilience. All of us have unique characteristics that make us resilient. We can broadly define resilience as our thoughts, our current behaviors, and actions that promote our personal wellbeing and mental health. We each have the ability to adapt and recover from stress and adversity. This can be achieved by implementing effective coping strategies.

One coping strategy we can use to address some of the stress we are experiencing is the practice of self-care. **“Self-care is attending to your own challenges, be it medical or mental.”**

“Self-care measures we can complete have us first attend to your own fears and needs. It starts with caring about yourself, in addition to others, your job, your family,”

Some self-care measures that are easy to practice during this time of uncertainty include:

- Self-care in the wake of the coronavirus outbreak includes focusing on things you can control (like having good hygiene) instead of those you cannot (stopping the virus). Where possible, maintain your daily routine and normal activities: eating healthy meals, getting enough sleep and doing things that you enjoy.
- Don't watch the news more than once or twice daily.
- Reading for pleasure.
- Reading to secure help from online forums.
- Spending some time with a family pet.
- Keeping a diary.
- Watching documentaries, series and remember to have fun and enjoy yourself.
- Try to use this pandemic as an opportunity to spend time with your family or at least staying connected with your loved ones with video calls or on the phone.
- Taking all the precautionary measure to stay safe from being exposed to the virus again or exposing others, this includes self-confinement and social distancing, wearing masks, gloves, using hand-sanitizers and washing your hands multiple times daily.
- Knowing that the situation is temporary and will get resolved.
- Practicing meditation, breathing exercises, prayer and mindfulness.
- If you get negative thoughts, don't let them block you from rationalizing the situation.
- Engaging in a hobby at home.
- Make a daily "gratitude list" in order to build psychological resiliency as things could be much worse.
- Engaging in physical exercise.
- If you're feeling very anxious don't hesitate to seek virtual help (online sessions) from mental-health professionals.
- If possible try to work from home, feeling productive is always a plus.

In case you're feeling very anxious, kindly contact our psychology team:

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