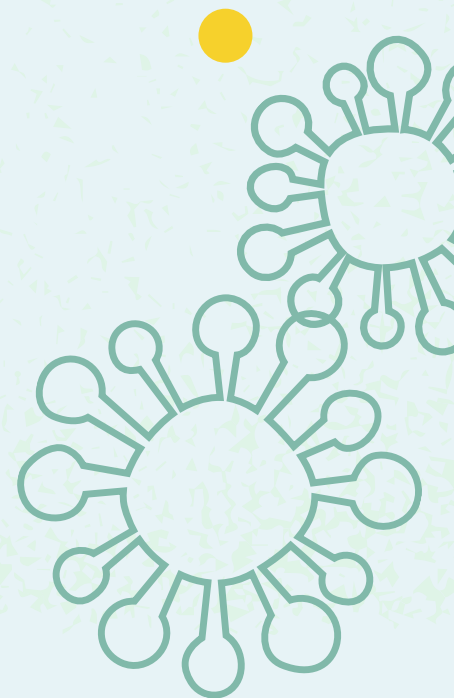
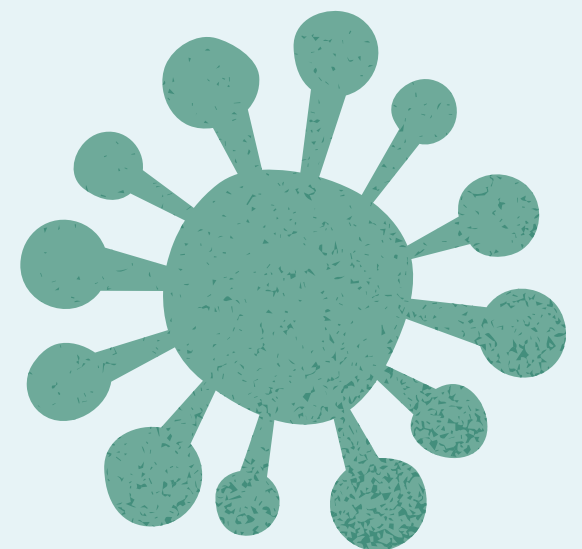


SELF-CARE TIPS DURING COVID-19

University of Hong Kong
Clinical Psychology Trainees 2022



Number of covid cases surge in recent weeks. Facing all the unprecedented challenges, you may feel helpless, exhausted, depressed, anxious, irritated, and lost etc. **All these are normal emotional responses under such circumstances.**

Will I get fired?
How can I raise my family?

Where can I buy affordable self-test kits?

I tested positive with self-test kit...what should I do now?

Food price is rising ... what could I do?

Will there be citywide lockdown?



LIVE IN THE PRESENT EMBRACE YOUR EMOTIONS

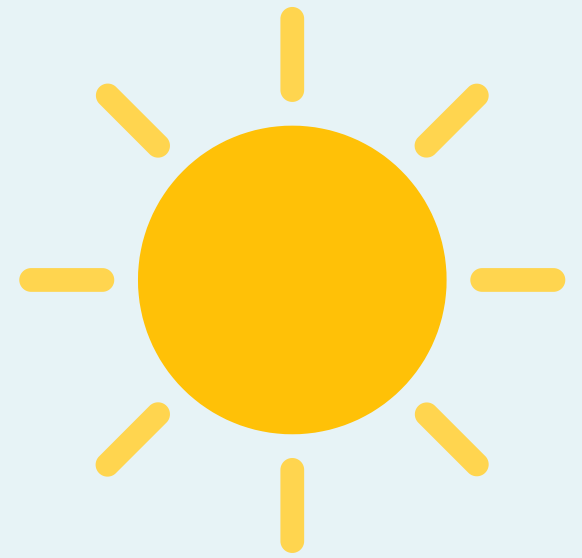


We could neither change the past,
nor control the future.

In face of all the uncertainties related to COVID-19,
what we can do is 'taking good care of yourself'

Accept your emotions. Listen to your body and mind.
At this moment, what are they telling you?

EVERY BITTERNESS HOLDS A SWEETNESS.



- Engage in enjoyable and meaningful activities
 - Lives can be bored and routine when we stay home during the outbreak. We might not be able to experience **sense of pleasure and mastery** from daily activities.
 - Explore your **personal interests**, put some pleasurable activities into your schedule!



DO NOT LET WORRY DOMINATE YOUR LIFE

ASK YOURSELF:

- What exactly am I worrying about?
- Is there anything I can do for my worry?



Sometimes, the cause of your worry is just **beyond your ability to resolve**. In this case, you may **reserve 15 minutes in the day for your worry**. When your "unsolvable worry" emerges, record them and come back to it only in your "**worry time**". **This prevents your worry from interfering too much with your life.**

INFO DIET :

TOO MUCH NEWS MAY BE BAD FOR YOU

- It's only natural to stay on the news as we are so concerned about the pandemic. However, **news might bring about more worry than reassurance!**
- If you feel overwhelmed by the news, try to **regulate your screen time.** Stay away from your phone and **pursue other activities of your interest**



STAY CONNECTED

- When we engage in less social activities, we may feel **lonely and helpless**
- **Stay connected with family and friends.** Showing our **love and care** to each other could help us cope with the stress during the pandemic.



STAY MENTALLY AND PHYSICALLY FIT

The background features a light blue sky with a large orange sun in the upper right, a yellow crescent moon in the lower left, and two stylized grey figures with light blue limbs on the left and right sides. Scattered throughout are various light blue and yellow pill-like shapes.

- **Keep a regular sleep routine.**

Avoid waking up late so that you fall asleep at night on time.

- **Eat well and eat **balanced****
- **Exercise regularly**

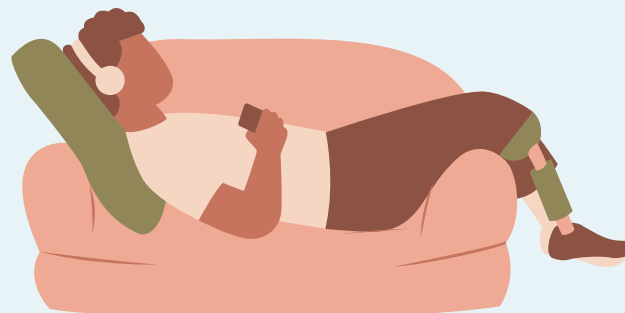
RELAXATION & MINDFULNESS EXERCISES

Abdominal Breathing
shorturl.at/hnNU5



Progressive Muscle
Relaxation
shorturl.at/fkBM3

3 Minutes
Mindful Breathing
shorturl.at/dmotS





The University of Hong Kong

Department of Psychology

Psychological Services Unit



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