

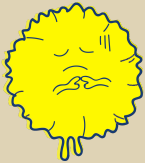


# Psychological Coping during Disease Outbreak - People who are being quarantined



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One may experience different emotions and reactions when being quarantined, such as:



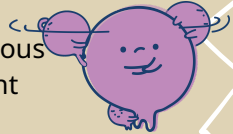
Worried about own physical condition, job, and arrangements in future etc

Imagining the worst case scenario that could happen to oneself, which could make one feel so surreal, restless and fearful



Feeling furious or anxious when one's freedom is being restricted

Self-blame about previous behaviours which might have caused one's potential infection



Worry about people around being infected

Sense of loneliness and isolation due to limited interaction with others



Being irritable



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It is understandable to experience these reactions during this period, and we should take good care of our emotions, below are some tips:



Evaluate own physical condition objectively and calmly



Try to maintain normal daily sleep-wake routine, eat sufficiently and exercise as much as possible. Setting realistic goals and achieving them gives a sense of control



Allow and accept one's emotions, allow time to understand own feelings and needs



Maintain or try some pleasurable or relaxing activities with the limited resources and space, like drawing, reading favourite books, listening to music, doing stretching exercises, relaxation exercises, etc.



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## Dos:



Try to keep active: writing, playing games, doing crossword puzzles and sudokus, developing mind games to stimulate thinking



Maintain contact with own social network, communicate with visual and/or phone call, WhatsApp, etc. even not meeting face-to-face



Look for or inject humor into the situation: Humor can be a strong antidote to hopelessness. Even smiling and laughing inwardly can provide relief from anxiety and frustration



Maintain hope: believe in something meaningful, whether family, faith, or values



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## Don'ts:



Keep imagining the worst case scenario



Try to sleep the whole day, as this may negatively affect the sleep quality



Spend excessive time reading information or news about the nCoV, as receiving too much information may lead to more worries and concerns



Hide or suppress one's feelings, and refuse to express one's thoughts and feelings to people around

