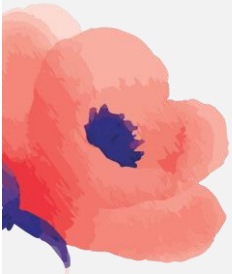




Things You Can Do to Enhance Your Mental Health During Quarantine



- ❖ Understanding the Purpose of Quarantine

When you are feeling frustrated with quarantine, it may be helpful to think positively about the reasons of quarantine. It protects and prevents you and others in the community from having coronavirus and related diseases.

- ❖ Establish Routines

This can assist you to reduce the feeling of directionless as you know how to fill all the hours of the day

- ❖ Be as Active as Possible

Staying active may help you to feel better and maintain your physical and psychological fitness levels. It's also a great way to help combat the sense of boredom that can come from being stuck in a place day after day.

- ❖ Reduce the Sense of Frustration and Boredom

Finding ways to stay occupied is important. Keeping working on projects or finding new activities to fill your time can reduce frustration and boredom. Getting things done can also give you a sense of purpose and competency.

- ❖ Keep Connected

During quarantine, it is crucial for you to stay in touch with friends and family by phone and text. You can also reach out to others on social media. Talking to others who are going through or have gone through the same thing may provide you with a sense of community and empowerment.

- ❖ Stay Informed

People may experience greater anxiety when they feel like they don't have access to the information that they need. You can gather information on COVID-19 and/or quarantine through Hong Kong Government websites:

<https://www.news.gov.hk/eng/categories/covid19/index.html>

<https://www.coronavirus.gov.hk/eng/inbound-travel-faq.html>

For academic issues, you can contact your department or your academic advisor.

- ❖ Seek Professional Assistance

If you would like to talk with a professional counsellor for psychological support, please contact Counselling Service socs@cityu.edu.hk or call **34428035** during office hour. For psychological support after office hour, please call **51177807**.