Psychological Coping during Disease Outbreak - People who are being quarantined

Hong Kong Red Cross Psychological Support Service

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

**Dos:**

- 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
Make Appointment for the "Shall We Talk" service

For those who are in distress under the disease outbreak, you are encouraged to make appointment with our “Shall We Talk” service.

Phone calls are handled by Professional Clinical Psychologists and trained Psychological Support volunteers of the HKRC. All service users’ personal information will be kept confidential.

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