

Quarantine Mental Health Tips for Domestic Workers in Hong Kong

Being sent to quarantine or having to quarantine on arrival in Hong Kong can be frustrating, as it disrupts our routines, and can cause feelings of anxiety and stress. It can have a negative impact on our mental health, especially when we are underprepared. We have compiled some quarantine tips, with domestic workers in mind, to help them better prepare and manage their mental health.



Pack the essentials

Before heading to the quarantine centre, or hotel, it is useful to check available facilities and resources, so you are well prepared.

List of designated quarantine hotels and their facilities:

https://www.coronavirus.gov.hk/pdf/designated-hotel-list-v3_en.pdf

List of quarantine centres:

https://www.chp.gov.hk/files/pdf/quarantine_centre_en.pdf

Useful essentials

- **Daily items** (e.g. extra clothes, flip flops/slippers, eating utensils, cups, water bottle, extra bags to put your laundry in)
- **Toiletries** (e.g. towels, toothbrush and toothpaste, hand soap, skincare, nail clipper, tweezers)
- **Household disinfectant items** (e.g. disinfectant liquids, disinfectant wipes, hand sanitisers, sponge, dishwashing soap, mini bin bags)
- **Electronic equipments** (e.g. your phone, laptop/tablet, chargers, extension cords, pocket Wi-Fi, headphones)
- **Items for fun and comforts** (e.g. books, art and crafts, extra pillows, yoga mat, healthy snacks)

If your quarantine location allows drop-offs, you could also ask your friends or employer to bring you extra essentials during your stay. Aim to pack enough (but not too much!) to help you maximise your comfort during your stay.

During quarantine, there are some things you can do to help support your mental well-being:

Maintain a routine

Quarantine can feel like a time black hole, where hours and days blend together; which can negatively impact mental health. Routines can create structure; they help us keep track of how we are doing and give us a sense of accomplishment. Routines have been shown to help reduce stress levels and can improve sleep.

Set daily “to-do” goals.

This can include routine tasks like tidying up or clearing out your inbox or messages. Explore opportunities to learn something new, connect with at least one friend or family member per day, and try to keep active - there are many free exercise videos on YouTube!



Include some activities in your routine that you can look forward to or enjoy.

This could involve watching a favourite movie or engaging in creative activities, such as listening to music or doodling.

Setting aside some time each day to do a mindfulness exercise

can also help with managing any difficult thoughts and feelings that may arise whilst in quarantine.. There are lots of great mindfulness apps and YouTube videos, which are available for free (e.g. Headspace, newlife.330).



Eat well

A healthy well-balanced diet can impact both our physical and mental health.

- Try not to overeat, particularly when it comes to junk food. Instead, focus on eating nutritious foods that give you energy.
- If you can, bring some healthy snacks with you, such as fruit and nuts!
- If your quarantine location allows delivery, and your budget allows, you could also order in some healthy meals via delivery platforms.

Sleep well

Poor sleep can negatively affect our mental health, and mental health issues can negatively affect our sleep. Sleep is an essential part of our daily routine, and when we are put into a situation where our routines are disrupted, this can negatively impact our sleep. Additionally, increased stress can also disrupt our sleep.

TIPS

- **Restrict your bed for sleeping and relaxing only** - try to spend time away from it during the day.
- Avoid or limit the use of screen-time before you sleep.

Carve out time every day to move and stay active.

Exercise is an effective way to improve mood and reduce stress. This can be achieved through stretching, yoga, dancing and more. Making this a part of your routine can be incredibly beneficial!

Here are some of our free indoor exercises to help you move:

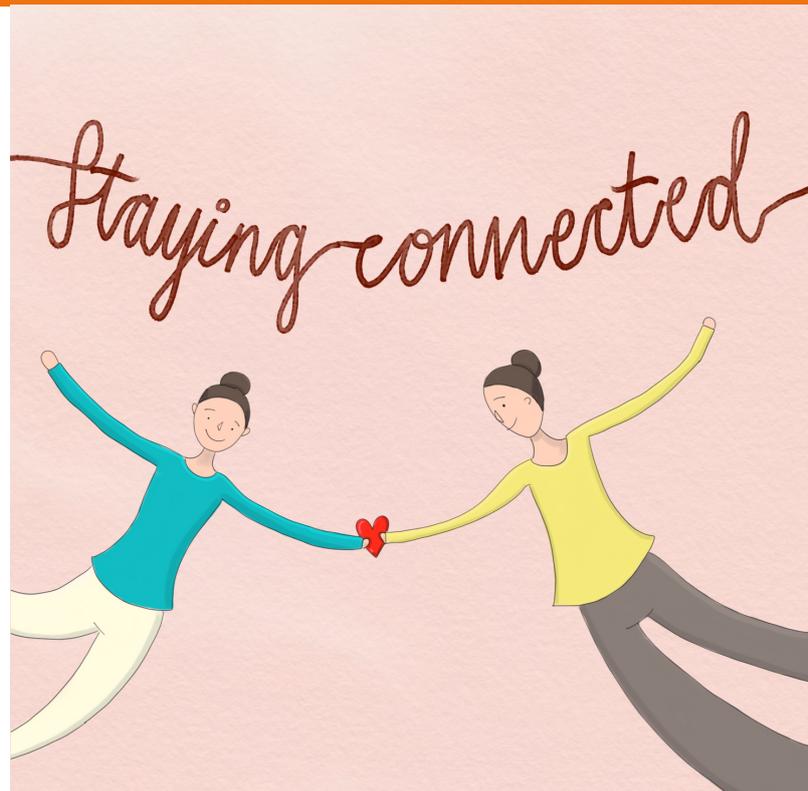
- **Home workouts with lululemon Ambassadors**
- **Calibrate x Move it for Mental Health Home Workout**

Learn more about the benefits of exercise:

[moveithk.com/health-benefits](https://www.moveithk.com/health-benefits)

Stay connected

Quarantine is isolating. We are social creatures and need human connection to maintain positive mental health. Our loved ones can be a source of support and laughter, two very important commodities during this challenging time. Text, call or video call your friends and family to ensure you are connecting with your support system.



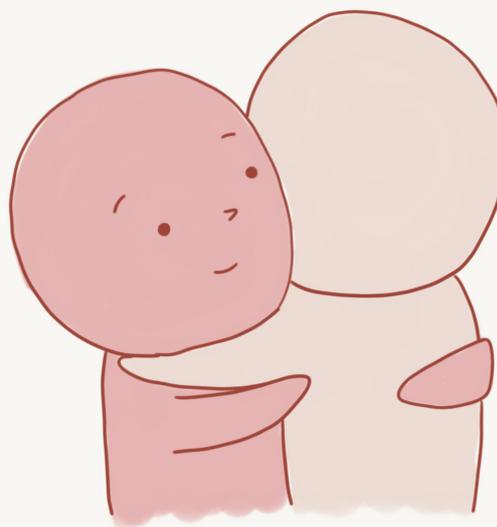
Be kind to yourself

In the face of increased pressure, we may find ourselves less patient and more irritable. If you notice feeling more impatient or less tolerant than usual, don't beat yourself up about this - and remind yourself that quarantine can be incredibly challenging for many people and these feelings are normal.



If you notice yourself becoming frustrated or you're in a situation where your negative emotions are becoming overwhelming, try to pause what you are doing, take a deep breath and 'time-out' before you do anything else.

If you do have an outburst, and end up taking your frustrations out on someone (which can happen to all of us), you could try apologising to the person on the receiving end, and explain to them that you are frustrated because of the situation, and not with them personally. Learning to be compassionate with yourself can help you to be more compassionate with others.



ABOUT MIND HK

Mind HK, established as "Mind Mental Health Hong Kong Limited," is a **registered S88 charity (91/16471)** committed to **improving awareness and understanding of mental health in Hong Kong**. We collaborate with other local and international mental health charities and provide online support and training programmes, based on global best practice, to empower anyone experiencing a mental health problem and equip them with the resources they need. Through collaborative research, Mind HK is leading the way in understanding mental health problems in the city and providing its population with the right support and resources.

Useful Resources

If you are in an emergency or crisis situation, please contact 999, or go to your nearest A&E.

For more information on COVID-19 in Hong Kong, please visit the government website here:

Bahasa Indonesia:

www.chp.gov.hk/en/features/102790.html

Tagalog:

www.chp.gov.hk/en/features/102791.html

Other reliable resources on the COVID-19 pandemic:

www.who.int/emergencies/diseases/novel-coronavirus-2019

Tips on managing mental health during the COVID-19 pandemic for domestic workers:

mind.org.hk/mental-health-a-to-z/covid-19/covid-19-and-mental-health-resources-for-domestic-workers

A list of other local organisation [here](#).



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