

Living in home confinement



What can influence our emotional well-being?

There are several factors that can have an impact on our well-being.

Some example are:

- Changes in routine;
- Limitation of our sense of freedom;
- Scenario's unpredictability;
- Forced change of plans;
- Uncertainty regarding the future;
- Social isolation;
- Changes in curricular plans or structure.



Ciências
ULisboa

GAPsi*
Gabinete de Apoio Psicopedagógico