

Living in home confinement

What do we normally feel in a situation like this one?

Due to several stress sources, it is common to feel a mix of emotions and to even feel a bit unstable, feeling some things one minute and other things the next minute. Such fluctuations are normal and we should expect them.

We can feel:

- Lonely;
- Impatient;
- Irritable;
- Anxious;
- Worried;
- Frustrated;
- Fearful;
- Unsettled.



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