

Living in home confinement

What can we do to improve our well-being?

In order to feel better, we can do small things, on different levels.

Maintaining some structure:

- Establish a time to go to bed and a time to wake up;
- Apart from classes, set some study hours. The goal is to have clearly defined work-time and leisure-time;
- Have your meals at the usual time and in the company of other people;
- Try to have a balanced diet.



Ciências
ULisboa

