Living in home confinement

What can we do to improve our well-being?

Take part in pleasurable activities:

• Watch movies or tv shows;
• Play games! You can even play board games with other people in the house;
• Read books or magazines;
• Find some time in your day for relaxation, meditation, personal reflexion, prayer, or other activity that allows you to feel inner peace;
• Do some physical activity inside the house, or outside if you like to run, walk or ride your bicycle alone.