

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.



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