Living in home confinement

What can we do to improve our well-being?

Have control over your studies.

Not having classes can give you a false sense that you are on holidays. It’s convenient to pay attention to some aspects:

• Have a “work” schedule;
• Establish daily goals;
• Keep working on your projects so it doesn’t pile up at the end of the semester;
• Accept that motivation isn’t always there, and many times action comes first and the feeling of being involved in the activity comes later.