

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.



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