

# Living in home confinement

**What can we do to improve our well-being?**

Other ideas!

**Be aware for your pending list, those things we all say “some day I will do...”, but always postpone:**

- Write a letter to a friend or family member;
- Give your wardrobe the decluttering it needs;
- Put on paper your ideas and projects;
- Develop additional chef skills in the kitchen;
- Read that book that’s been on the shelf for months.



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