

Living in home confinement

What to do when faced with so much information?

Being informed is essential right now!
However, be aware of two things:

- Use credible and safe sources of information, like the WHO website, as well as reputable media outlets;
- There is no advantage in constantly watching the news. They are repetitive and become redundant. If you do it, you are being excessively exposed to negative information, which tends to generate restlessness.



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