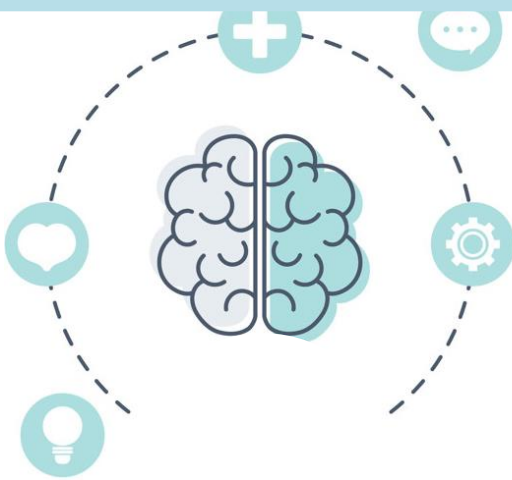


# Caring for our mind

To overcome this period of distancing in the best possible way, we searched for tips that will help you maintain a pleasant routine for yourself and those around you. Read them below:



- Use technology to stay close to family and friends.
- Practice hobbies and physical activities! Spend the time with fun activities such as cooking, listening to music etc.
- Take time to plan your day, week and month.
- Keep the environment safe, organized and comfortable.
- Take care of relations. While interacting with the family at home, explore new things.



- Make a “peace treaty” with family members to overcome this phase together, in a peaceful and relaxed manner.
- On the professional front, contact your colleagues, managers, teams. Set up forums so that you can regularly meet online.

**YOU CAN FIND MORE INFORMATION IN THIS TEXT, FROM WHICH WE DREW INSPIRATION. CLICK HERE TO READ IT!**

