

5 STEPS FOR MAKING YOUR QUARANTINE MORE ENJOYABLE

Dedicated to all mobility students



You aren't alone!

1. **STABLISH ROUTINES:** Physical exercise, meals at regular times and other regular activities contribute to order and structure your daily routine in this new and unclear situation.
2. **STAY IN CONTACT:** Social media allows you to interact with others.
3. **CONTROL YOUR WORRYING THOUGHTS:** through activities like watching movies/series, playing video games, doing crosswords, using apps to talk to others, without letting the coronavirus be the main topic.
4. **A FEW NEWS UPDATES A DAY ARE ENOUGH**
5. **YOU AREN'T ALONE:** Try to keep in touch with Institutions such as Embassies or General Consulates located in the country where you are staying during the mobility.

For more info get on the web: sap.uca.es



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