

HOW TO DEAL WITH THE IMPACT OF CORONA? SOME IDEAS TO HELP YOU

ON YOUR WAY:

1) STRUCTURE

DAY & NIGHT RHYTHM, WEEKPLAN, ROUTINES.

SET YOUR ALARM IN THE MORNING!

WATCH THIS [MOVIE](#) ABOUT HOW TO MAKE A STUDY PLAN.



2) BOUNDARIES: YOU SET THEM

LIMIT YOUR SCREEN TIME. LIMIT YOUR CORONANEWS INTAKE.

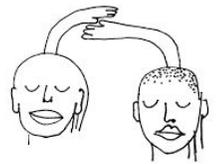
NEED SUPPORT IN ACHIEVING THIS? PERHAPS ONE OF [THESE](#) APPS CAN HELP YOU.

3) SOCIAL(OH)LINE)CONTACT

SKYPE, ZOOM, GOOGLEMEET FRIENDS.

IF POSSIBLE, HUG A HEALTHY FRIEND/RELATIVE.

IN NEED OF A LISTENING EAR IN GRONINGEN? CHECK OUT: [ALLEARS](#), [@EASEGRONINGEN](#).



4) MAKE NEW TINY HABITS



PICK A SMALL NEW HABIT. DO IT 3-5 TIMES A WEEK.

WHY WOULD YOU AND HOW TO DO IT. READ THIS SHORT [ARTICLE](#).

IN NEED OF SOME INSPIRATION? CHECK OUT [THESE](#) HABITS.

5) MOVE

WALK, RUN AND/OR EXERCISE DAILY. IT WILL GIVE YOU NEW ENERGY.

- CHECK OUT (ONLINE) LESSONS OF THE [ACLO SPORTSCENTRE](#).
- CHECK OUT '[GRONG](#)' FOR CORONA-PROOF ACTIVITIES IN GRONINGEN.
- TRY OUT SOMETHING (NEW) ON YOUTUBE.



6) GO OUTSIDE

ENJOY NATURE, ENJOY **GREEN**. AND HAVE A REALITY CHECK.

THESE WEBSITES MIGHT HELP TO DECIDE ON YOUR ITINERARY:

- [HTTPS://WWW.VISITGRONINGEN.NL/EN](https://www.visit groningen.nl/en)
- [HTTPS://WWW.NATUURMONUMENTEN.NL/](https://www.natuurmonumenten.nl/)



7) ACCEPT YOUR FEARS

CONTROL THE CONTROLLABLE, ACCEPT THE UNCONTROLLABLE. PERHAPS THE E-HEALTH MODULE: GET TO GRIPS WITH CORONA STRESS. YOU CAN FIND THIS MODULE, AND MANY OTHER INTERESTING MODULES [HERE](#). YOU CAN ALSO WATCH THIS [VIDEO ABOUT FACING COVID](#).



8) BE CREATIVE

NO TIME BEFORE? YOU HAVE NOW. ALWAYS WANTED TO PAINT? WANTED TO LEARN TO PLAY GUITAR? OR WRITE POEMS? OR.. TRY SOMETHING NEW. CHECK OUT THE [GRONG](#) ACTIVITIES. IN NEED OF SOME CREATIVE INSPIRATION? YOU CAN GO TO [THIS](#) WEBSITE (WEBSITE IS IN DUTCH).



9) LOOK FOR THE UPSIDE

POSITIVE AFFIRMATION. CREATE A SENTENCE WITH SUITS YOU AND IS POSITIVE:

I AM + PRESENT TENSE + SOMETHING POSITIVE + ACTION WORDING.



PUT SOMETHING WHICH MAKES YOU SMILE, ON YOUR DOOR OR MIRROR.

SING, DANCE, PLAY

ACTIVELY LOOK FOR IT.

10) BREATH/ RELAX

WE ARE IN THIS TOGETHER. YOU ARE NOT ALONE.

IN NEED OF A RELAXATION EXERCISE? YOUTUBE IS FULL OF RELAXATION EXERCISES AND PLAYLISTS. AND ALSO SPOTIFY MIGHT GUIDE YOU. THERE ARE ALSO USEFUL APPS. FOR INSTANCE: [HEADSPACE](#).



BUT MOST IMPORTANT, BE KIND TO YOURSELF. DO
THE BEST YOU CAN IN THESE CIRCUMSTANCES, NOT
MORE.