Wellbeing during your studies

Take care of yourself and each other

- Make sure to eat well
- Get enough fresh air
- Be sure to get enough sleep
- Try to move enough

Check out the wellbeing page
Take wellbeing courses via gezondeboel
Move a little every day. Join fit@home

Take care of your peers and community

- Connect via activitree
- Call or text people
- Go on walk and talk sessions
- Host fun online nights with friends

Join association activities
Reach out if help is needed
Create a study group
Create a corona bubble

Contact your General Practitioner
Contact a coach via TINT
Contact your academic advisor
In case of emergency: call 112!
Join the discussion hours via your association

Other sources of support:
- De Luisterlijn
- Frisse Gedachtes
- Mind support
- Self help network

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Do you need further support?

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