Wellbeing during lockdown

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

Take care of yourself and your own wellbeing:
- 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
- Contact your General Practitioner
- Contact a coach via TINT
- Contact your academic advisor
- Join the discussion hours via your association
- In case of emergency: call 112!
- Other sources of support:
  - De Luisterlijn
  - Frisse Gedachtes
  - Mind support
  - Self help network

Do you need further support?

Take care of yourself and eachother