

# SEVEN RULES TO STAY MOTIVATED TO STUDY OR WORK DURING QUARANTINE



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## Daily schedule

- Quarantine is not a vacation or holiday
- It is therefore important to get up and go to bed at the same time every day, take 5-minute breaks every hour and plan longer intervals for rest and play
- This will help you and your children stay productive and relieve anxiety



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Make work and study plans for the next day and for the week ahead

To avoid procrastination, make to-do lists, prioritize and schedule tasks from urgent to least urgent, with deadlines



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## Create a workspace

- Choose a quiet, well-lit area to be used only for study/work
- Eat, sleep, watch TV and play computer games elsewhere



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## Manage expectations

- Avoid expecting too much from yourself and your children and set realistic goals
- Studying and working remotely is a real challenge, and slowing down a bit is totally normal. The key to success is in doing things regularly



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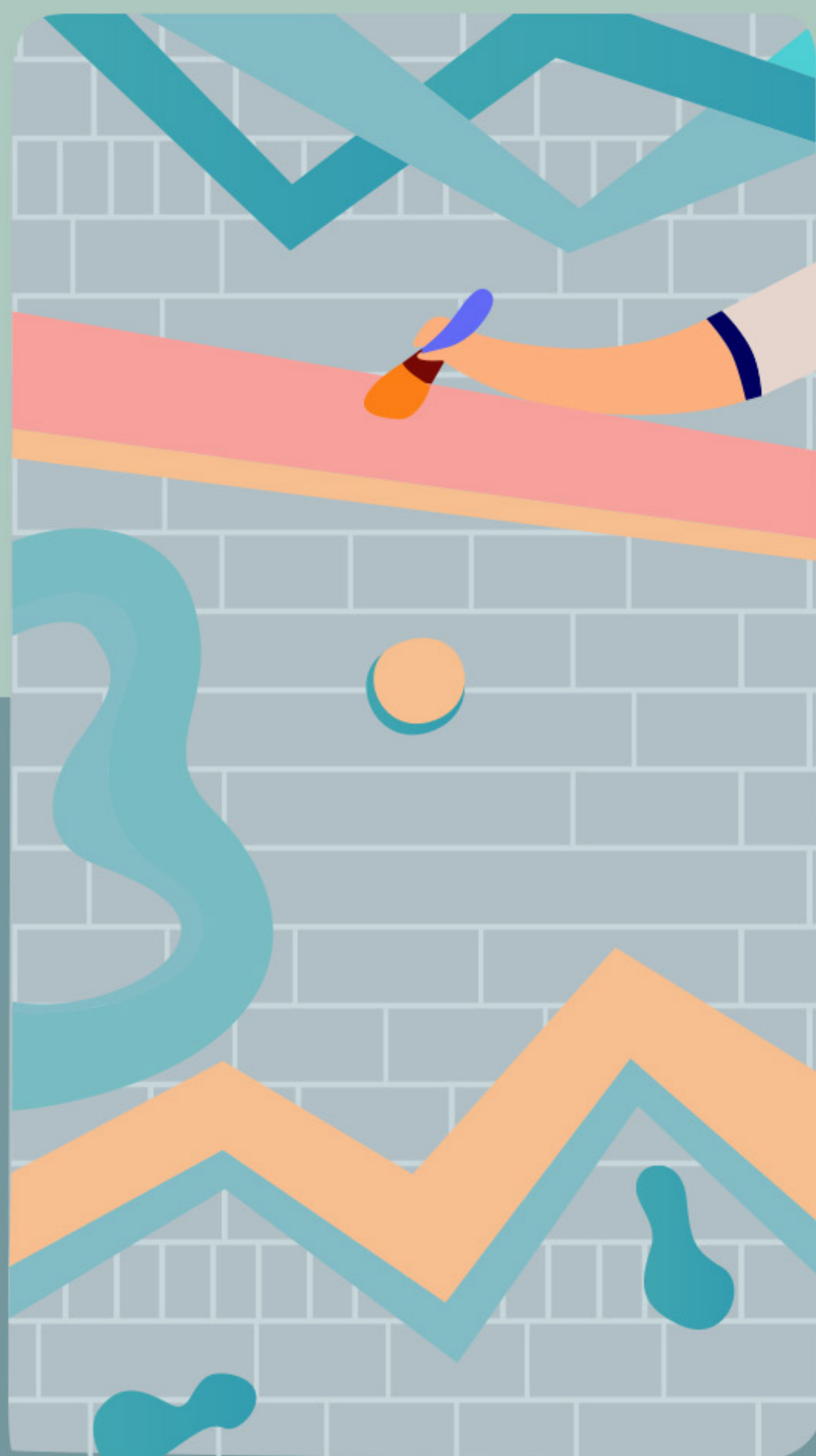


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## Keep activities varied

- Alternate between using a computer and performing work or study assignments on paper
- Print out whatever is appropriate to print out and write or draw whatever can be written or drawn



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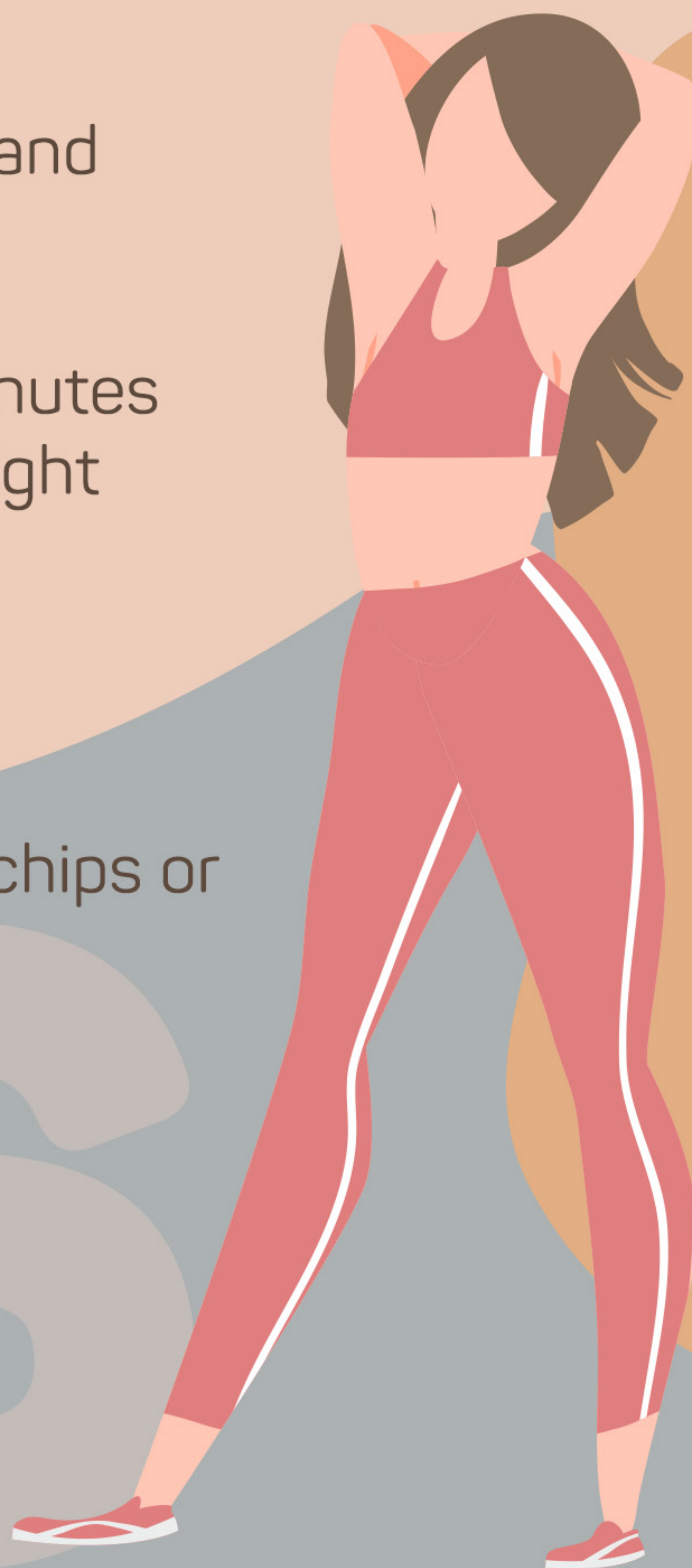


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## Practice physical activity and healthy habits

Three rules for well-being and keeping stress at bay:

- perform at least 20-30 minutes of physical activity (even light exercise) per day
- ventilate your space often
- eat a balanced diet (avoid chips or convenience foods)



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## Socialize

- Quarantine does not mean being cut off from the outside world
- Seeing other people and hearing their voices is essential for socializing
- Do not limit yourself or your children in connecting with family and friends via video calls or social networks in your/their free time from work or study



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