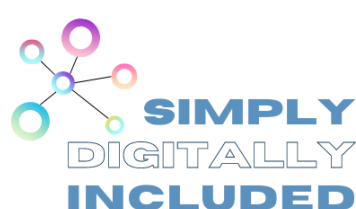


FACTSHEET

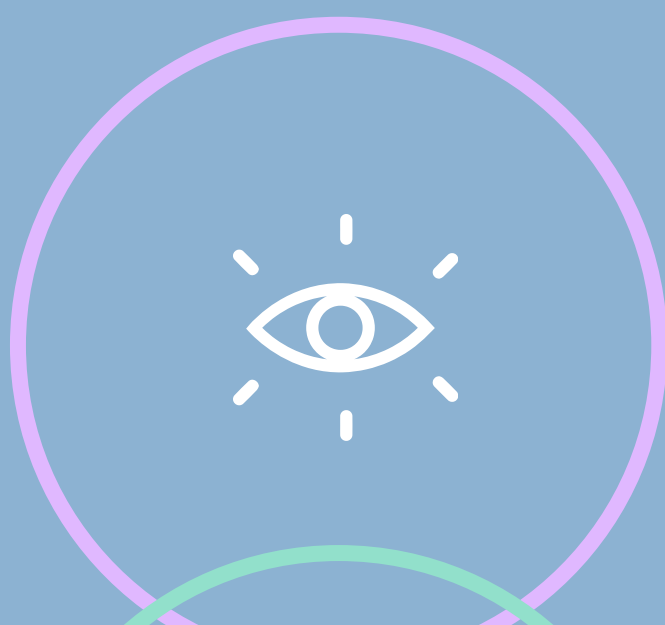
SELF MANAGEMENT



1

TIME MANAGEMENT

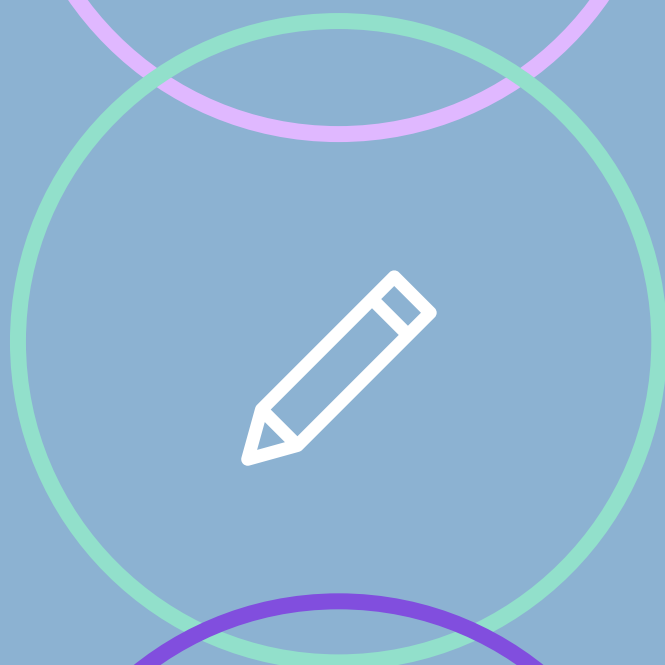
Time management is ability to control how you use your time. It is crucial to organise and plan how to divide your time between different activities.



2

SELF MOTIVATION

Self-motivation is the force that keeps pushing us to go on – it's our internal drive to achieve, produce, develop, and keep moving forward.



3

MANAGING STRESS

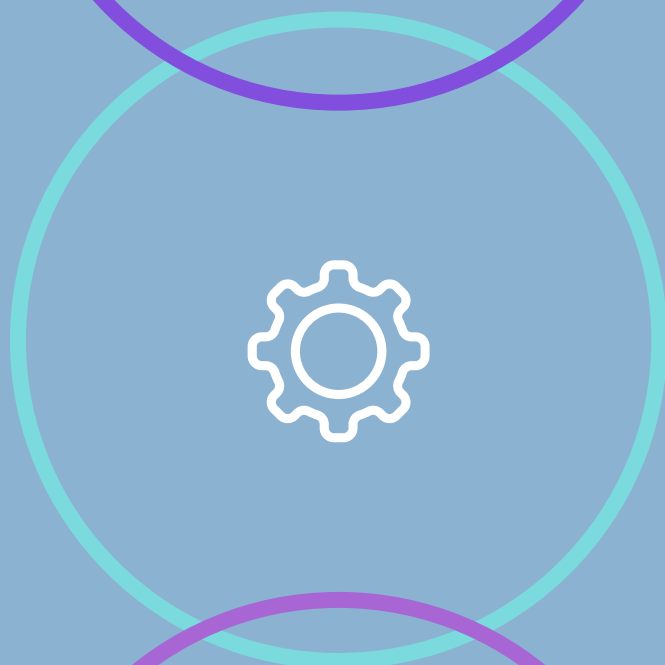
Stress management is your ability to approach work clearly. It offers a range of ways to help you better deal with stress and adapt to challenging situations.



4

DECISION MAKING

Decision making is your ability to solve problems and address issues. Goal alignment tells your ability to align tasks with goals.



5

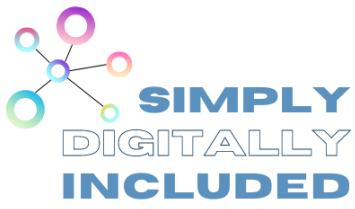
PERSONAL DEVELOPMENT

It's important to grow your knowledge by looking inward and focusing on ways to better yourself. It increases your self-awareness, your self-esteem, your skills, and fulfills your aspirations.



FACTSHEET

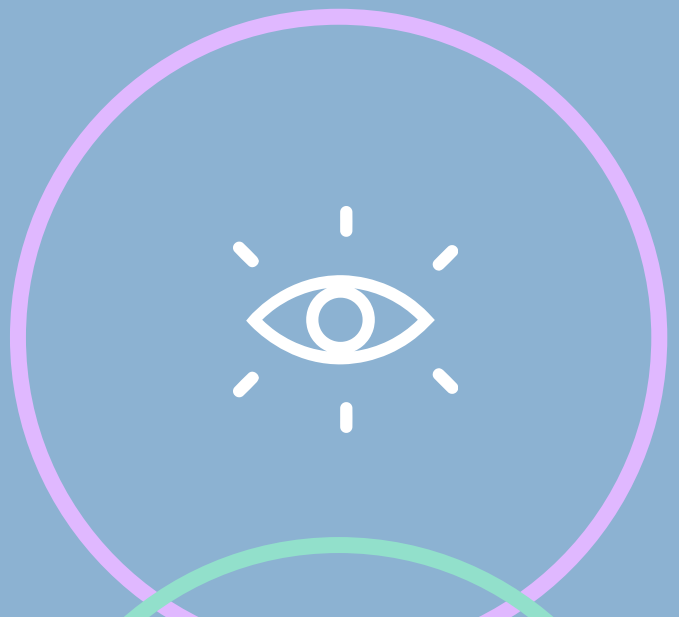
THE CAUSE OF STRESS



1

IN DAILY...

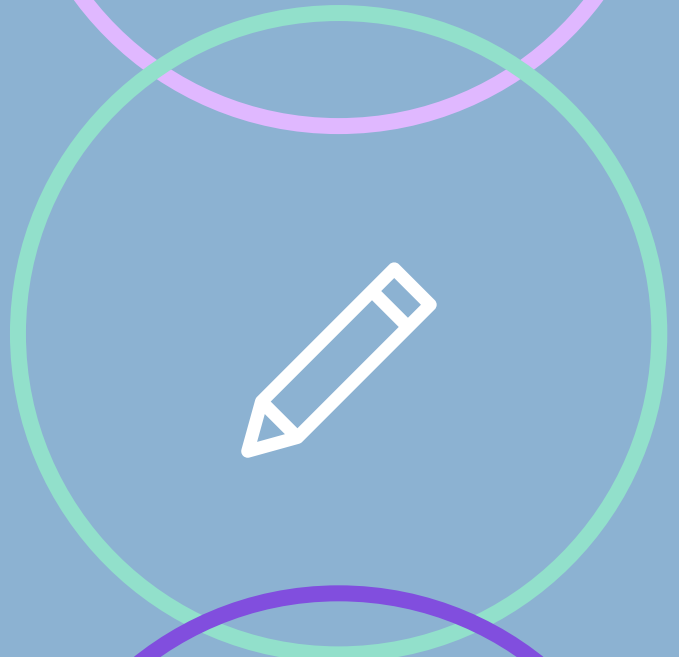
If global pandemic has taught us something, it's that life events contribute to stress. But ordinary challenges we face in daily can also cause stress.



2

CONSEQUENCES

You need to get around a lot of things, which can lead to stress. Each of us is leaving a different story, determine yours and do not let stress take over.



3

SUPPORT

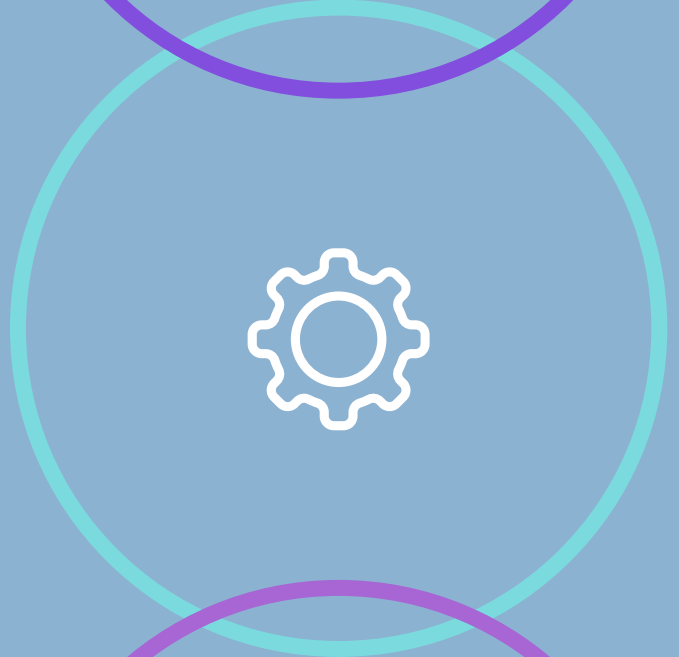
I have have some friends and I have family that can give me much more to be positive and we all need advice during stress periods. We need people to support us.



4

BUILDING STEPS

You are better off when shifting your mind to positive thoughts. Leave the past behind and build new steps ahead.



5

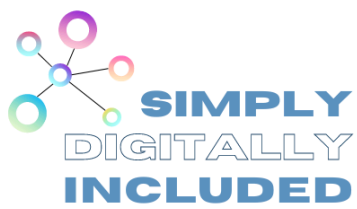
LESSON

Once we are living a life we continue with the chance to do anything we want at any moment.



FACTSHEET

RESILIENCE BUILDING



1

MEDITATION

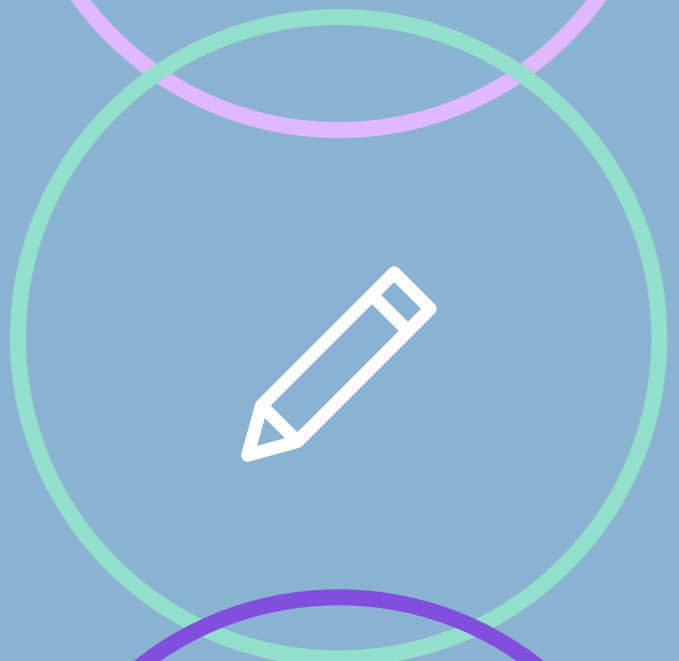
Applying rituals every morning which is something really a simple meditation according to the mood of that day. Have confidence then, listen to a short meditation about confidence or affirmation or abundance.



2

WELCOMING

Whenever you have negative feelings or emotions, you just welcome them instead of resisting. You imagine yourself with open arms or literally open your arms and just close your eyes, and welcome them.



3

YOU TIME

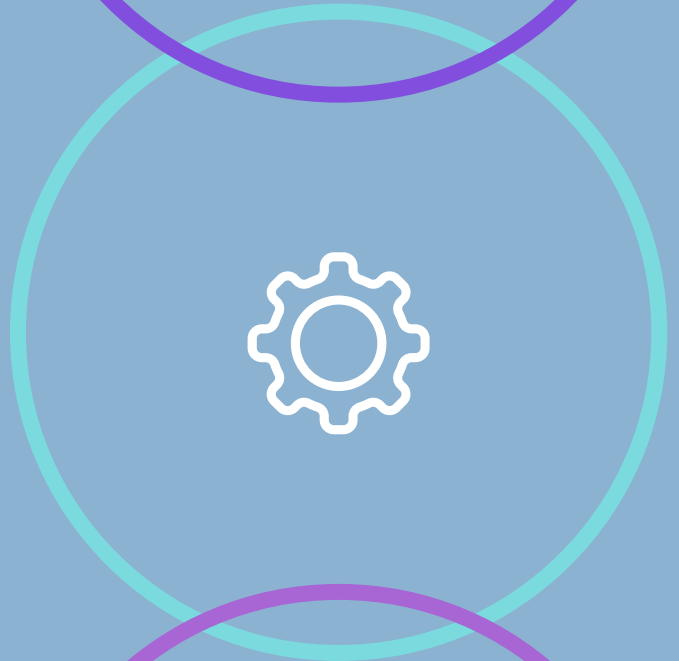
Always remember to have a little bit of you time. -Meaning It could be five minutes or ten minutes-just doing something for yourself, for your own pleasure, even if it means just doing nothing right.



4

ADOPT

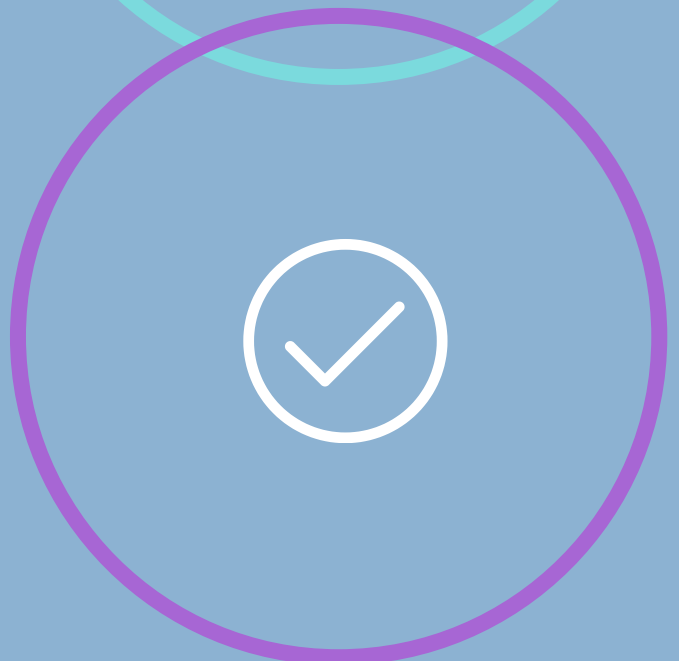
Adopt a new way of living. A new way of interacting and connecting with people, new ways of how you show up for your surroundings, family and friends.



5

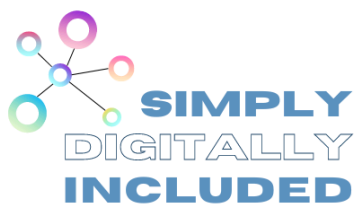
APLAUD

Remember to applaud yourself. Maybe every day or every month to notice a small achievement and to give yourself a tap on the shoulder "Well, done you did well, good job"



FACTSHEET

WHAT MOTIVATES US?



1

MUSIC

Listening to music puts you in a good mood. It helps to clear your head and just feel the emotions from the song for a moment. Just start your favorite playlist.



2

SPORTS

Sport releases endorphins in your body. These are happiness hormones that make you feel good. You can do sports alone or with others, inside or outside.



3

FAMILY & FRIENDS

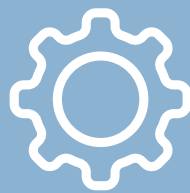
Spending time with your family and friends can help to distract you from other things. Talk to them can help you with your problems. They understand and help you.



4

A HOBBY

Do something you like in your free time. For example, you can play a game or cook, alone or with friends or family. Doing something you like, brings you joy.



5

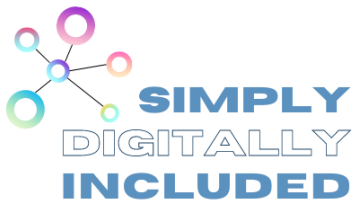
GOING FOR A WALK

This can help to take your mind off the challenging things in your life. It can help to sort out your thoughts and leads to new ideas and energy.



FACTSHEET

THINKING OUT OF THE BOX



1

HANGING OUT

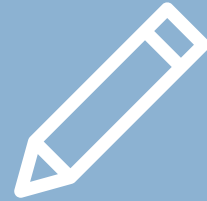
Not hanging out with your friends the traditional way can be solved by using snapchat and others apps to stay in touch.



2

ACTIVITIES

Attending music lessons and dancing classes can be done via ZOOM.



3

STAYING ACTIVE

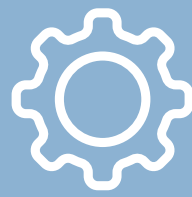
Even if you can't be active in your favourite sport, you can participate in other sports and sport clubs.



4

COOKING ON-LINE

Not being able to attend practical work in kitchen is not an obstacle. Getting recipes on-line and cooking in own kitchen can be a good solution.



5

IMPROVING CREATIVENESS

Reading books, playing word games, solving crosswords, playing instruments, singing or learning a new language can help you to improve your creativity.

