

TIPS AGAINST BOREDOM

You may suddenly have an unusually large amount of time because you may not be able to go to work or pursue your usual leisure activities. It is important that you nevertheless create a day structure and set yourself goals that you can achieve! For this purpose, we have compiled a few useful tips from the Professional Association of Austrian Psychologists (BÖP) on how to prevent boredom.

- ✓ Plan out your tasks for the day.
 - ✓ Start projects that you have been putting off. Even small jobs can be taken care of now.
 - ✓ Plan one highlight that you can look forward to each day.
- ✓ Stay in contact with people that are important to you. Exchange positive things going on and plan activities that you can do together after the quarantine.