

#ENAIPTIPS - TIPS FOR MANAGING TIME IN A PANDEMIC

At the beginning of March 2020 our world suddenly changed. Covid's cases in Italy increased and the government had to take decisions to stem the pandemic. The first of these has been the closure of schools of every grade and level. Then, the following week, it stated the national lockdown. If at first kids and youngsters lived the time at home as an extension of Carnival holidays, with the passage of days, forced to home immobility, their mental state has changed.

The mission of our educational institution has been to help teenagers to overcome their limits, differences, and difficulties, giving value to what they are and what they have.

This attention, a real resource, allowed us to support all the students by re-motivating and encouraging them, especially in a time when the feeling of isolation could have generated situations of marginalization, or demotivation, as consequence of distrust and anxiety mood, with an almost obvious intensification within the most fragile and disoriented subjects.

In March 2020, the communication service of Enaip Piemonte proposed every day, on various social networks (Facebook and Instagram), tips to help students give sense to their time at home.

These 30 tips, one per day, enriched with messages addressed by teachers to their students, are still visible on Enaip Piemonte Facebook page, in the period March-April 2020.

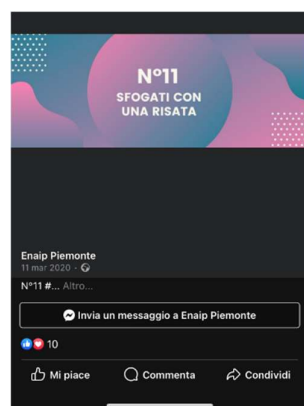
Here you can find some examples:



N°2 #EnaipTips

The second tip is: make yourself useful at home, perhaps preparing lunch or dinner for who is come back home from work. It is a small act, but important and certainly appreciated. If you have few ideas or you are not a skilled chef, in the recipe book "Spoonti" made by the students of Enaip Settimo Torinese you will find many quick and easy recipes.

<https://issuu.com/enaippiemonte/docs/spoonti>



N°11 #EnaipTips

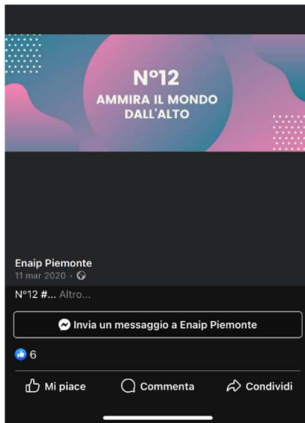
Dealing with the tension and stress of this period is not easy but it is necessary to prevent psychosis.

If you are looking for lightweight to unplug for a few minutes, we suggest you comb through these Instagram profiles:

@insta_della_spesa

@musetti_animaletti

@nomisuicitofoni



N°12 #EnaipTips

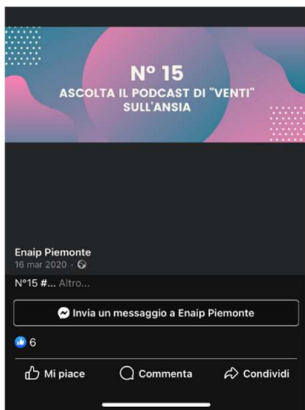
Does your window always offer the same view?

Even without moving a meter, here is the solution to explore new places and observe the world from above!

These two Instagram profiles allow you to travel without moving from your sofa, but looking at everything from an unusual perspective:

@dailyoverview to admire the world

@nasa to discover the universe



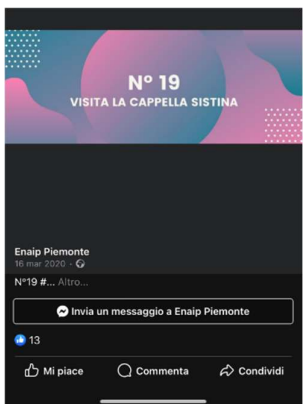
N°15 #EnaipTips

Ever heard of psychodramas?

Want to find out how to increase your psychological energy and improve your mood these days?

In the podcast we recommend today, the vlogger Sofia Viscardi talks about anxiety, but above all she suggests a curious thing to do to overcome bad thoughts that in these strange days could take over in our heads!

Listen to this article: <https://podtail.com/it/podcast/venti/2-ansia/>



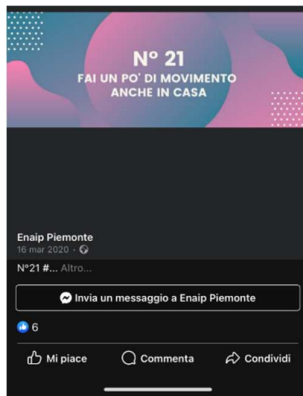
N°19 #EnaipTips

Today is Sunday.

Do you want to visit a museum? Maybe one of the most beautiful and important museum rooms in the world?

Okay, then take your laptop and get comfortable. Thanks to this virtual tour of the Vatican Museums, in just one click you can find yourself inside the [Sistine Chapel](#).

You can wander freely in the room, observe the frescoes and forget for a second that you are at home.



N°21 #EnaipTips

Okay, the gyms are closed, and we need to stay inside to contain the Covid-19 pandemic. It doesn't mean that we're meant to watch only TV series and never change position on the couch.

At home you can do many things, including training or at least do some small exercises to help stretch your legs. In addition, a bit of healthy movement also helps us to cope with stress and therefore to feel better.

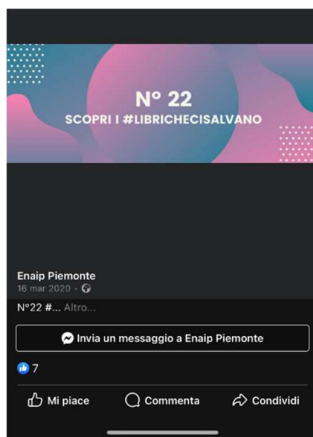
For starters, we offer 3 apps, but there are many others easy to adapt to every type of personality:

Nike training Club: <https://www.nike.com/it/ntc-app>

Adidas Training By Runtastic: <https://www.runtastic.com/it>

Home Workout: <https://apps.apple.com/us/app/home-workout-no-equipments/id1313192037>

Good workout!



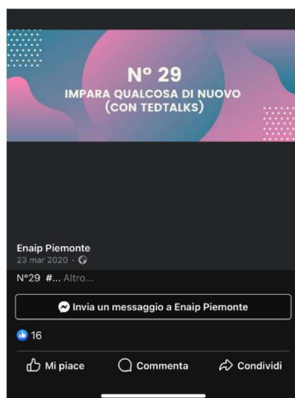
N° 22 #EnaipTips

@soslettura is an Instagram page whose purpose is to give "advice on reading in times of emergency".

Advice comes from people who write books for work.

The idea comes from Giusi Migliaccio and Lorena Spampinato which launched the hashtag #librichecisalvano to appeal many writers and professionals in the publishing world to tell us, through viral videos of 60 seconds, stories with the saving power of making life more beautiful.

Browse the profile, be inspired: use this time to rediscover the pleasure of reading!



N° 29 #EnaipTips

What we do not lack at this moment is the time available. But how to organize ourselves not to make it useless? Would you like to use it profitably? Here's the solution: choose a topic to explore and watch a Ted Talk!

The TED TALKS are short lectures (10-15 minutes per video), available for free on www.ted.com, which cover a wide range of topics such as science, art, politics, global issues, architecture, music and much more. It is a sort of free video encyclopedia, a project to disseminate innovative and stimulating ideas and collect the best of collective knowledge of leading scientists, architects, educators, entrepreneurs.

Some speakers: former US President Bill Clinton, Nobel Prize winner James Dewey Watson, physicist Murray Gell-Mann, Wikipedia co-founder Jimmy Wales, and Google co-founders Sergey Brin and Larry Page.

Still need something to convince you?