

Q27

1. definizione di inclusione sociale
2. definizione di bisogno complesso
3. When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love. Marcus Aurelius

Below are seven activities you can choose from to create a morning routine to care for yourself so that you can be there for your clients.

2. Meditate

Meditation fits naturally with deep breathing. Early morning is a great time to engage in a meditation practice, because stillness prevails as others sleep.

If you find meditation difficult, consider guided meditation. Using an app or scripted recording, visualize yourself within a scenario that you find relaxing. For example, if you enjoy being at the beach, use guided meditation to imagine yourself walking along a serene beach. A guided meditation session doesn't have to be long. Five or ten minutes will do.

4. Cosa indica il termine Gigabyte?  
Lo spazio di archiviazione dell'hard disk del computer  
La definizione dello schermo del computer  
Un virus informatico
5. Quale di queste estensioni non indica un file di testo?  
JPG  
TXT  
DOC