

1. L.R. 6/06 art. 24 Piano di zona: durata e conservazione dell'efficacia
2. la valutazione nel processo d'aiuto
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.

5. Practice Gratitude

A gratitude practice involves taking a few minutes to reflect on what you're thankful for and why. This positively impacts your day and helps develop your empathy muscle, which is helpful during client interactions.

For greater impact, write down at least three things each morning that you are grateful for. This can be in a journal, or as part of a gratitude jar.

A gratitude jar is any container that you like. Each day, write something that you're grateful for onto a slip of paper and place in the jar. Once the jar is full, pick a slip and read it to remind yourself of who and what you're grateful for. Having an attitude of gratitude is a great way to lessen stress.

4. Come ci si connette ad Internet? Quale di queste affermazioni è falsa?
Attraverso un provider che offre il servizio
Attraverso un modem collegato al computer
Con l'antenna della tv
5. Quale di queste estensioni non indica un file immagine?
PNG
JPG
TXT