

Q29

1. prevenzione, promozione, cura. Distinguere e argomentare la distinzione.
2. la valutazione professionale
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.

4. Be Mindful

Mindfulness helps you to be present, become centered, and get ready for the day ahead.

If you're new to mindfulness, start simply, such as noticing the way the water feels when you're taking a shower. Or when enjoying your morning coffee, savor its flavor or note how it feels as it flows over your tongue. Being hyper-focused on the present moment is a skill that can be helpful during client meetings, especially when there are many other things happening.

There is a great article on The Tiny Buddha website that goes deeper into a variety of ways to incorporate more mindfulness into your mornings.

4. Come vanno gestite le password? Quale affermazione non è corretta?  
Vanno scritte sui post-it e attaccate ai monitor  
Vanno cambiate spesso  
Si possono salvare in un wallet digitale criptato
5. Quale di queste estensioni non indica un file immagine?  
PNG  
JPG  
TXT