

1. L.R. 6/06 art. 24 Piano di zona e Piani attuativi annuali
2. il monitoraggio: descrizione e caratteristiche
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.

7. Read

From journal articles to client records, there is always plenty of reading to do. You can choose to keep up to date with the social work field or read materials that enhance your personal development.

Depending on your schedule, you can read a few pages or a whole chapter. You can read while you are having your breakfast, when you're still in bed, or right after you've gotten dressed.

One thing that I enjoy about early morning reading is that it allows me to absorb and reflect upon what I've read throughout the day.

Now that we've discussed several possible activities for your morning routine, it's time to choose one or two. Then gather your materials and place them in an easily accessible area. For example, one component of my morning routine is reading, so whatever book I'm reading is on my nightstand along with a notebook, pen, and highlighter.

Your morning routine doesn't have to be elaborate. It's more important to just begin. Even if your day turns out differently than you planned, a morning routine enables you to take on whatever life throws your way - which allows you to give your best self to your clients and manage your stress before your stress manages you.

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. Cosa indica il termine Gigabyte?
Lo spazio di archiviazione dell'hard disk del computer
La definizione dello schermo del computer
Un virus informatico