

Q26

1. le imprese economiche sono enti di terzo settore? Argomentare
2. definizione di bisogno
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.

1. Breathe Deeply

Breathing exercises make a great addition to a morning routine. As social workers, we typically have to-do lists a mile long, and many of us don't take the time to breathe deeply and fully. Deep breathing is simple and can be done even before you get out of bed.

One easy exercise is to time your breaths by taking six to ten deep inhales and exhales inside of a minute. Timing your breaths forces you to focus on your breathing, which helps with alertness. It also helps lessen stress during difficult situations.

4. Cosa si intende per file?
Un programma per la gestione dei documenti
Un documento digitale
Un archivio informatico
5. Quale di queste estensioni non indica un file di testo?
JPG
TXT
DOC