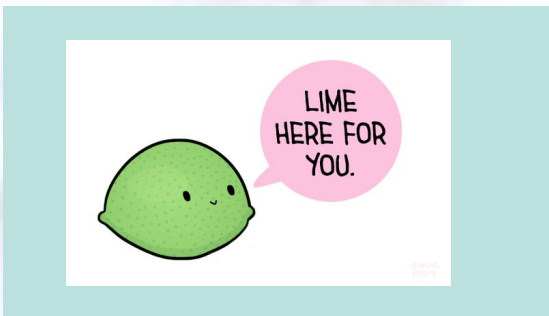


Staying sane in quarantaine

A NEWSLETTER FROM THE FACULTY OF MEDICAL SCIENCES

Nothing can replace physical presence and real face to face contact. We have all experienced this in the past few months. This newsletter is an initiative to compensate for that loss and to offer support during difficult times. We hope that for those who need it, it is that little bit of help that makes the difference. It will make you aware of opportunities if you have particular needs. Have fun and stay connected.

The curriculum directors of Human Movement Sciences, Dentistry and Medicine:
Yvo Kamsma, Berdien Kooistra-Akse, Anne van Lammeren, and Friso Muntinghe



ADVICE

STUDY ADVISORS

You can contact the study advisor if you have any questions about for example personal circumstances, study delay, study progress, and study planning. Find your study advisor [here](#).

STUDY

POMODORO

IMPROVE YOUR PRODUCTIVITY!

Are you looking for a strategic method to improve your productivity? Try the Pomodoro technique! The idea behind the technique is to split up your time to focus to 25 minutes, after which you take 5 minutes off. See more in [this](#) video.

THE POMODORO TECHNIQUE®
A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS

- PLAN YOUR TASKS**
How many pomodoros might you need?
- DO 1 POMODORO**
Time for 25 mins then take a 5 min break
- REPEAT x 4 POMODOROS**
Then take a longer break

CONCEIVED BY FRANCESCO CIRILLO sketchplanations

READING



Speciaal
cadeau
voor jou!

BOOK TIP (NL)

ALLES KAN EEN MENS
GELUKKIG MAKEN

Heb je zin om iets te lezen over geluk? Dit gratis (!) boek van David de Kock & Arjen Vergeer geeft je door middel van opdrachten meer inzicht in waar je gelukkig van wordt.

HEALTH

E-HEALTH

ONLINE SELF-SUPPORT

For many students, an online and anonymous approach is a first step towards mental support. Self-help modules provide you with online support if you are going through a difficult time. There are several topics you can choose from, e.g. anxiety, work stress or worrying. These e-health modules are also very suitable to support you with topics such as alcohol, gaming or mourning. Find them via the Student Portal ([here](#)).

EXERCISE

OMMETJE

CHALLENGE YOURSELF AND YOUR FRIENDS



Walking is probably one of the only things you are able to do during the lockdown. The 'Ommetje' app makes the daily walks a bit more fun, as you can collect brain facts when you walk for some time, and you can challenge your friends by having a ranking of who took the most walks! Download the app in Google Play or App store below:

