

11. What do you do for your healthy mind?

30 Odpovědi

ID ↑	Jméno	Počet odpovědí
1	anonymous	x
2	anonymous	I try to spend time with my close ones and organize my free time as much as I can
3	anonymous	I focus on my behaviour and try to think about it and develop myself. I'm trying to rest and sleep. I also do sport
4	anonymous	keeping myself busy- that is the real key to not being in stress
5	anonymous	keep healthy lifestyle
6	anonymous	I try the breathing exercise and offen do different types of moving and sports. Good eating habits and enough of sleep, good mood, a lot of friends around are important too.
7	anonymous	Focus. in thinks and emotions that take place in the presend.
8	anonymous	I exercise daily and talk with my friends about it.
9	anonvmous	I visit a therapist and try to spend my free time with people I find good for my

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