

A BRAIN 4.0 SUGGESTION

# HOW TO SMILE IN TIMES OF SOCIAL ISOLATION

MANUAL FOR ADULTS

## A BRAIN 4.0 SUGGESTION

### WHO ARE WE?

'BRAIN 4.0' intends to introduce a new, inclusive and innovative vision, which detaches itself from prejudices and makes the public aware of a new conception around mental health.

In this regard, this initiative focuses on the Education for Mental Health, which is one of the fundamental steps to deconstruct its myths, prejudices and for the general well-being.

For this purpose, we have brought together a group of students from the Faculty of Psychology and Educational Sciences of the University of Coimbra to provide everyone a guide for the times ahead.

**READING THIS MANUAL DOES NOT EXEMPT YOU  
FROM CONSULTING THE RELIABLE MEANS OF  
INFORMATION RELATED TO THE PROPAGATION OF  
THE COVID-19 VIRUS.**

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## IMPORTANT CONTACTS (PORTUGAL)

For acute non-emergent disease situation, you should use the **SNS 24** service of screening, advice and medical referral through **808 24 24 24**. Or send an e-mail to **atendimento@sns24.gov.pt**

Doubts about assistance to family members, casualties and quarantines: +351 300 502 502

Emergency line for portuguese citizens travelling [9am to 10pm]: +351 217 929 755 / **covid19@mne.pt**

### OFFICIAL WEBSITES:

[covid19.min-saude.pt](https://covid19.min-saude.pt)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://covid19estamoson.gov.pt/>

**Linha Conversa Amiga [Hotline for Emotional Support]:**

**808 237 327 ou 210 027 159**

**DO NOT GO TO THE HEALTH CENTER OR HOSPITAL:  
ALWAYS CONTACT THE 24 HEALTH LINE FIRST.**

## **EXTRAORDINARY MEASURES APPLIED BY THE PORTUGUESE GOVERNMENT AND SOCIAL SECURITY**

In response to the Covid-19 outbreak, the Portuguese Government approved several extraordinary and urgent measures. These are available in Diário da República after its promulgation.

You can access to the decrees at: <https://dre.pt/>.

In addition to that, there are documents, on the Social Security website, that respond to specific situations that may arise with the current pandemic. You can have access to such documents from the following links: [bit.ly/SSPRCOVID19](https://bit.ly/SSPRCOVID19) and [bit.ly/MedidasApoioExcecionalAS](https://bit.ly/MedidasApoioExcecionalAS).

## **SOCIAL RESTRAINT**

It's a non-pharmacological measure that minimizes contact with others. It includes social distance, quarantine, isolation, closing events, amongst others.

This measure is able to reduce the transmission of the disease, thus avoiding overloading the health system.

At the stage we're in, social restraint is an essential measure to ensure that we are able to manage the health resources needed by everyone.

## **PATIENT ISOLATION**

### **SUSPECTED AND CONFIRMED CASES OF COVID-19**

It consists on the separation of suspected or infected people of COVID-19 from the rest of the population. This separation aims to **prevent** the establishment of new **transmission** chains and to delay the widespread community propagation.

In these cases, **isolation** should be carried out at home, in a hospital or other [depending on the phase and severity of the clinical condition], **until full clinical recovery**.

# IS IT MANDATORY?

## **PATIENT ISOLATION**

SUSPECTED AND CONFIRMED CASES OF COVID-19

By norm, isolation is voluntary and is usually accepted, upon medical advice.

In extreme situations, where the patient refuses to remain in isolation, it may be necessary to determine his coercive isolation, for that being mandatory to resort to the exercise of power of the Health Authority.

## QUARANTINE/ISOLATION

It's the restriction of movements / social interaction of people who **may be** infected with COVID-19, because they were in close contact with a confirmed case, but which nevertheless remain **asymptomatic**.

The length of the isolation, according to the current instructions, should be of **14 days**, counting after the last contact with the confirmed case of COVID-19, at home or in another place designated for this purpose.

## WHAT CAN WE FEEL IN THESE SITUATIONS?

Frustrations  
Anxiety and Fear  
Distress  
Uncertainty  
Solitude  
Boredom  
Sadness  
Lack of hope  
Helplessness

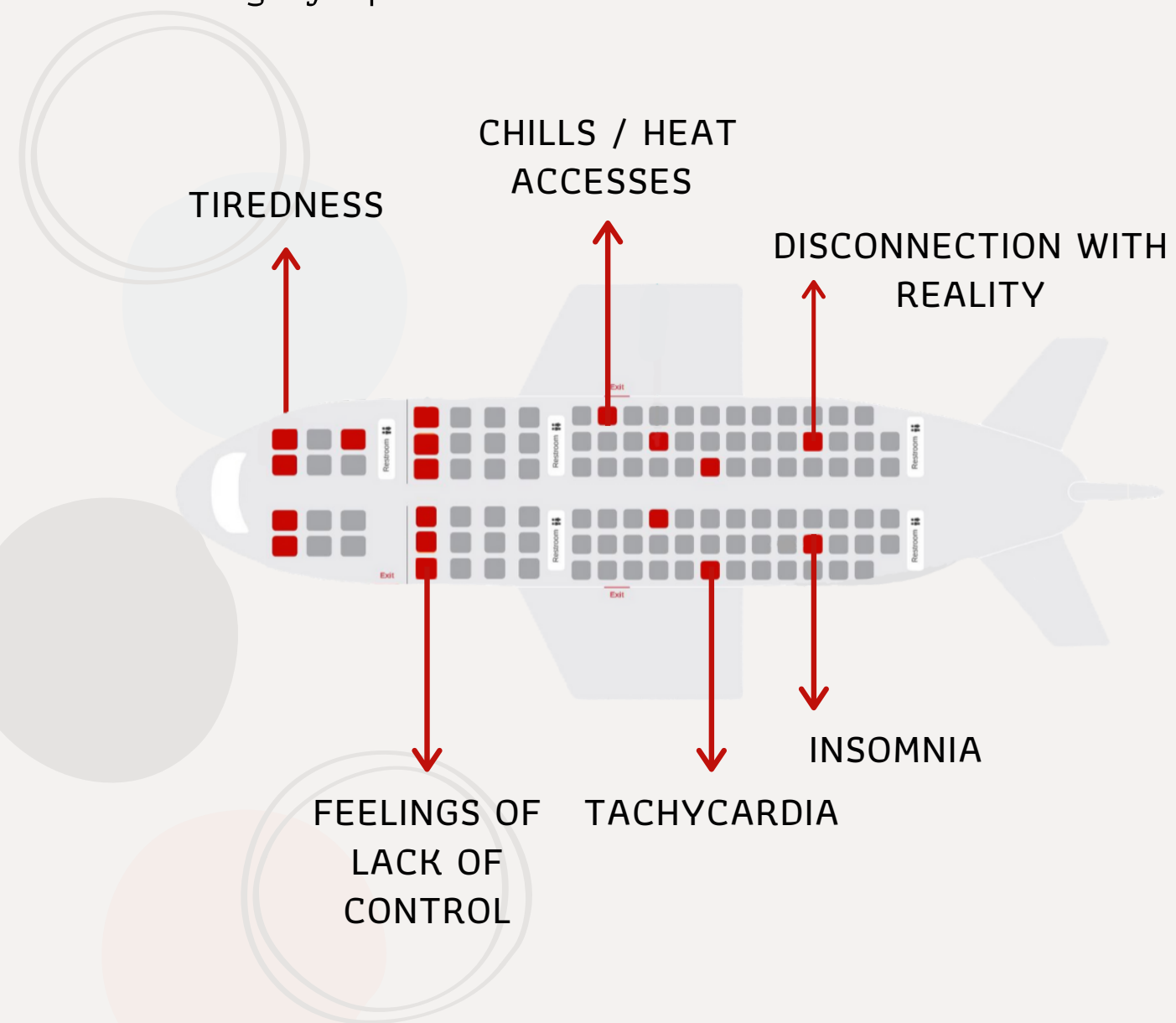
Keep in mind that, sometimes, it's difficult to distinguish different emotions. We can feel them at the same time, without being able to identify a cause or event that they may have caused.

All emotions are normative and have their role in our day to day and life context. Therefore, it's important that you learn how to manage them.

## WHY IS IT IMPORTANT TO BE AWARE OF OUR THOUGHTS AND EMOTIONS AT THIS TIME?

In view of the situation of uncertainty that the world is currently experiencing, it's normal that it may make you feel sad, scared, angry, alone or anxious. Anxiety can be felt in several ways.

Imagine anxiety as a plane: each occupied seat is an existing symptom.



## **WHY IS IT IMPORTANT TO BE AWARE OF OUR THOUGHTS AND EMOTIONS AT THIS TIME?**

On **bad days**, the plane is full and you may feel worse.

On **good days**, there are a lot of empty seats.

Regardless of having more or less symptoms, anxiety can become recurrent and more intense by time. Therefore, it's essential to recognize it and learn how to manage it.

We provide a tool on the next page which you can use in your daily life, in order to recognize more effectively what is happening to you.

By understanding better what you think and what you feel, you will be able to manage your emotions easier and reassure yourself, as well as reassure others around you!

# DAILY REGISTER OF YOUR THOUGHTS AND EMOTIONS

[illegible]

## **WHAT ABOUT WHEN THESE EMOTIONS ARE DIFFICULT TO MANAGE AND DEAL WITH?**

Anxiety [and other unpleasant emotions] can be considered an adaptive and protective mechanism, which is activated whenever there's a perception of danger. For example, when we're called to the principal's office at school, it's natural for us to feel our stomachs spinning and our hands a little sweaty - after all, we're facing an authority figure and we only think about what we could have done wrong.

However, when these emotions become recurrent and with higher levels of intensity, it becomes exponentially more difficult to manage them, which prevents us from maintaining our daily routines.

By recognizing and identifying your emotions, you will be able to approach them in a healthier way and tranquilize yourself.

## **WHAT ABOUT WHEN THESE EMOTIONS ARE DIFFICULT TO MANAGE AND DEAL WITH?**

As we saw in the example of the airplane seats, anxiety can manifest itself in different ways, and sometimes it can even change from situation to situation. This doesn't happen only with anxiety.

In fact, all emotions can have different manifestations, whether through bodily sensations, physiological reactions or behaviors. One of the reactions that is most affected by the emotions we experience is breathing.

The way you breath has a great impact on your body.

When you're angry or anxious, you tend to breathe quickly and shallowly, which makes these emotions remain present in your body.

If you learn how to breathe properly, it becomes possible to decrease the intensity of these emotions and the consequent unpleasant reactions felt in your body.

The tool we offer you [on the next page] was developed only with the aim of helping you to calm yourself down.

## PEACEFUL BREATHING TRAINING

Find a quiet place, inside your home or even on your balcony, where you can sit without being interrupted for at least ten minutes. Sit in a chair, maintaining a straight posture, with both feet flat on the floor, shoulder-width apart, and place your hands on your knees.

Start by gently paying attention to your breathing. Focus only on the air entering and leaving your nose. As you breathe, notice how the air descends and rises in the bottom of your rib cage. Feel your diaphragm moving as you breathe. Focus on your breathing and try different rhythms: breathe a little faster or a little slower and feel the differences that these rhythms cause in your body.

Usually, the soothing breathing that we practice in this exercise is slower and deeper than the pace of normal breathing. You can start by counting three seconds while inhaling, then take a short break and counting another three seconds while exhaling.

## PEACEFUL BREATHING TRAINING

What is intended is that you're able to find a breathing pattern that corresponds to your own calm breathing rhythm, as if you are connecting with the rhythm of your body, that is able to calm you down. Whatever your own breathing rhythm is, try to make your inhales and exhales smooth and balanced.

Now, spend approximately thirty seconds focusing exclusively on your breath. Focus on the air entering your lungs through the diaphragm, notice the length of the diaphragm and then notice the air coming out of your lungs through your nose. The first time you do this exercise, you may be surprised by our mind's ability to escape between thoughts, even during that short period of time. All of this is normal and expected, our mind is just doing what is natural for you: digress/drift off. When you notice that other thoughts have arisen, or that you have been distracted by other noises outside of you, bring your attention back to focus in a gentle and calm way.

## **PEACEFUL BREATHING TRAINING**

Remember that you are not forcing yourself to do anything and that you don't have to try to clear your mind of thoughts, nor compel yourself to concentrate. Just acknowledge this rambling and gently bring your mind back to the focus of attention.

In this exercise, the focus of your attention should be on the emotions that arise associated with your body's breathing and reassurance. You may start, for example, to feel your body becoming heavier in the chair. Remember that we are not trying to reach any specific emotional or physical state with this exercise.

When you feel ready, you can slowly start to open your eyes and return to the room again. As you practice this exercise, you will recognize that your mind will wander less and less and you will be able to focus your attention on your soothing breath easier.

# WHY DO WE ALL REACT DIFFERENTLY TO THE SAME SITUATIONS?

Imagine the following situation:

You're home alone at night, and you hear a noise, and you can't recognise from where it's coming from.

You assume that the noise came from a thief entering your home. Imagine how you would feel.

**Nervous? Scared? In panic?**

Now think of a different cause. Imagine it was your partner entering the house. How would you feel?

**Happy? Calm? Relieved?**

The noise is the same. **What changed?**

What changed was your thoughts about the noise, as well as your feelings and emotions.

**What can we conclude?** It's not the noise itself that has the ability to trigger different emotions in us.

Our interpretation of the events and, therefore, our thinking process about them is what has the capacity to generate certain emotions and feelings, even if the events remain the same over time.

## WHAT IS IMPORTANT IN THE CURRENT SITUATION?

IF YOU ARE CURRENTLY SICK, SOME OF THE SUGGESTIONS MAY NOT BE APPROPRIATE FOR YOU

1. It's important that you maintain some of your daily routines. It is advisable that you plan your week in order to fulfill goals, to help you feel as less removed from 'normal' life as possible.
2. If you have a household, it's important that you involve them in your different daily activities, depending on your possibilities. Establish schedules to call your friends and family.
3. **Keep yourself informed**, but make sure your sources are safe and reliable [such as Direção Geral de Saúde or the World Health Organization]. **Take only an hour out of your day** to see the news about this situation. By constantly listening, reading and researching new and different data, we run the risk of seeing “fake news” and being alarmed by different information.

The background is a light gray with several decorative elements: a large purple circle at the top center, a cluster of purple dots in the upper left, a large orange circle in the lower left, a large blue circle in the lower right, and a cluster of blue dots on the right side. There are also smaller orange circles and a cluster of gray dots at the bottom.

**SOME ACTIVITIES  
FOR THE NEXT  
FEW DAYS**

# EXERCISE

YOU DON'T NEED TO LEAVE YOUR HOUSE TO EXERCISE!  
WE ATTACHED SOME EXERCISES YOU CAN DO WHILE YOU'RE AT HOME.

## FACEBOOK

<https://www.facebook.com/k.itsines/>  
<https://www.facebook.com/mysweatlife/>

## WEBSITES

<https://watch.lesmillsondemand.com/browse>

## YOUTUBE

<https://www.youtube.com/user/PamelaRf1/>  
<https://www.youtube.com/user/lesmillsgroupfitness>  
<https://www.youtube.com/user/blogilates>  
<https://www.youtube.com/user/ChloesAddiction>

## INSTAGRAM

<https://www.instagram.com/categouveia/>  
<https://www.instagram.com/carolinapatrocinio/>  
<https://www.instagram.com/ptpauloteixeira/>

# BOOKS

TAKE ADVANTAGE OF THIS FREE TIME TO DO SOMETHING YOU HAVEN'T BEEN ABLE TO DO FOR SOME TIME NOW. HERE ARE SOME PLATFORMS THAT CAN PROVIDE YOU FREE EBOOKS:

LeYa Online

<https://www.leyaonline.com/pt/catalogo/?t=ebooks&gratuito=1>

'Projeto Adamastor"

<http://projectoadamastor.org/>

'Luso Livros"

<https://www.luso-livros.net/>

Camões eBook Library

<http://cvc.instituto-camoes.pt/conhecer/biblioteca-digital-camoes.html>

eBook Library -

"Plano Nacional de Leitura"

<http://www.planonacionaldeleitura.gov.pt/biblioteca/>

# RECIPES

YOUR KIDS ARE HOME BUT YOU'RE LACKING THE CREATIVITY TO COOK NEW DISHES? THIS IS THE PERFECT TIME TO TRY OUT THAT COMPLEX RECIPE YOU NEVER HAD THE COURAGE TO DO, THAT MEAL THAT TAKES YOU ALL DAY TO COOK AND THAT DESSERT YOU ONLY DO IN SPECIAL OCCASIONS!

TRY TO USE ONLY INGREDIENTS THAT YOU ALREADY HAVE AT HOME AND USE YOUR IMAGINATION TO COMBINE DIFFERENT FLAVOURS.

Use the ingredients that you already have:

<https://www.noodle.es/home>

## Practical Recipes

<https://www.vidaativa.pt/receitas/receitas-saudaveis/>

<https://nutree.me/>

## Original Recipes

[https://www.instagram.com/\\_carolina.reis/](https://www.instagram.com/_carolina.reis/)

## Vegan/Vegetarian Recipes

<https://laranjalimanutricao.com/>

[www.alhofrances.pt](http://www.alhofrances.pt)

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# RECIPES

## MAIN COURSE

### BLACK-EYED BEANS CURRY [for 4]

- 400g of black-eyed beans
- 1 tablespoon of olive oil
- 1 teaspoon of cumin
- 1 medium onion, finely chopped
- 3 cloves of garlic
- 1 teaspoon of ginger
- 1 teaspoon of saffron
- 2 teaspoons of garam masala
- 2 teaspoons of pepper
- 1 tablespoon of coriander
- 3 sliced tomatoes
- 1 can of [sweetened] condensed coconut milk
- Salt

1. Heat the oil in a frying pan over a medium heat.
2. Fry the onion until it starts to be transparent. Add the garlic and ginger.
3. When it all softens add the spices and mix up the content for about a 1 minute, or until it releases all the odours.

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# RECIPES

## MAIN COURSE

### BLACK-EYED BEANS CURRY [for 4]

4. Add the sliced tomatoes and increase the heat to a medium-high. Mix it up while squashing the tomatoes into a thicker sauce.
5. Add the black-eyed beans, the [sweetened] condensed coconut milk and the salt [sufficiently].
6. Stir it up until you're satisfied with the consistency of the sauce. Spread the coriander on top and serve it with basmati rice.

### POTATO AND TUNA PIE [for 4]

- 350 g of tuna;
- 50 ml of olive oil;
- 1 medium onion;
- 1 egg yolk;
- 1.2kg of potatoes;
- 400ml of milk;
- nutmeg as needed;
- 1 teaspoon of margarine soup;
- salt and pepper q.b.

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# RECIPES

## MAIN COURSE

### POTATO AND TUNA PIE [for 4]

1. Peel the potatoes and put them in a pan with boiled water and salt. Reduce to a medium heat and let it cook for 20-25 minutes.
2. When the potatoes are cooked, smash them and stir the margarine, nutmeg, pepper and milk in. Take it to a low heat until it starts to form bubbles.
3. Heat the oil in a frying pan over a medium heat and fry the onion until it becomes brown.
4. Add the tuna and season it with pepper. Stir it up and let it cook for 4-5 minutes.
5. Pre-heat the oven to 180°C.
6. Layer the smashed potatoes and the tuna, finishing it with a new layer of smashed potatoes. Use the egg yolk to gloss the last layer and let it bake in the oven for 35 minutes [more or less].

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# RECIPES

## MAIN COURSE

### LEEK “À BRÁS” [for 2]

- 1 onion, finely chopped
- 2 cloves of garlic
- 45 ml of olive oil
- 250g of leek
- 4 eggs
- 150g of shoestring potatoes
- Salt and pepper
- 2 tablespoons of chopped parsley
- 3 tablespoons of olives

1. Heat the oil in a frying pan and fry the onion and the cloves of garlic.
2. Add the sliced leek and let it fry until it softens.
3. Add the shoestring potatoes and mix up the content.
4. Add the eggs, previously beaten, salt and pepper and mix it up once again.
5. The meal is done once the egg is cooked, but moist. Finished it with sprinkles of parsley and some olives.

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# RECIPES

## MAIN COURSE

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### CHICKEN WRAPS [for 4]

- 4 tortillas/ wheat wraps
- 2 roasted chicken breasts [diced]
- 3 lettuce leafs [chopped]
- 1 carrot [grated]
- 8 cherry tomatoes
- 1 small can of sweet corn
- Olives without pits [sliced]
- Garlic and herb sauce

1. Mix all the ingredients in a bowl [except the wraps and the sauce].
2. Heat the wraps in a microwave and fill them with the previous mixture.
3. Finish the wraps with the sauce on top and close them.

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# RECIPES

## MAIN COURSE

### CHEESE & BACON MINI-QUICHES

- 1 package of pie crust
- Butter and flour [to grease the cake tins]
- 1 package of culinary cream
- Diced bacon
- Grated cheese
- 1 small can of sliced mushrooms
- Parsley, salt and garlic powder
- 2 eggs

1. Grease a pan with butter and sprinkle it with flour.
2. Roll out the pie crust and cut it in 12 slices [slightly bigger than the cake tins].
3. Cover the cake tins with the slices of pie crust.
4. In a bowl mix the culinary cream, sliced mushrooms, diced bacon, grated cheese, parsley, salt and garlic powder.
5. Add the eggs and mix up the content.
6. Fill the cake tins with the previous mixture.
7. Bake it in the oven to 200°C. Serve it only after it cools down.

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# RECIPES

## MAIN COURSE

### TUNA LASAGNA WITH CARROT

- Lasagna sheets
- 3 cans of tuna
- 1 big carrot
- 1 small onion
- Parsley
- 400 ml of béchamel sauce
- Grated cheese
- Salt and pepper

1. Mince the carrot, onion, tuna and the parsley until it forms a paste.
2. Add the béchamel sauce and season it.
3. In a baking tray layer the béchamel sauce, lasagna sheets, tuna, béchamel sauce [once again] and finish it with the grated cheese.
4. Keep layering the ingredients, according to the previous order, until they run out.
5. Bake it in the oven to 180°C for a crispy top.

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# RECIPES

## MAIN COURSE

### MEDITERRANEAN SALAD

- 150g of feta cheese
- 60g of cherry tomatoes
- 50g of black olives
- 1 package of mix lettuce
- 1 yellow pepper
- 1 purple onion
- 6 leafs of sweet basil [chopped]
- 2 tablespoons of olive oil
- 1 tablespoon of balsamic vinegar
- 1 tablespoon of oreganos
- Salt and pepper

1. Put the mix lettuce in a salad bowl.
2. Peel, clean and finely slice the purple onion and add it to the mix lettuce.
3. Finely slice the yellow pepper and add it to the previous mix.
4. Add the cherry tomatoes.
5. Add the sliced black olives and the feta cheese smashed in pieces.
6. Add the chopped sweet basil and the oreganos and season the salad with salt, pepper, olive oil and the balsamic vinegar and serve it as a side dish.

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# RECIPES

## MAIN COURSE

### LENTIL BOLOGNESE [for 3]

- 150g of pasta
- 100g of dry orange lentils [those can be replaced by any type of protein – soy, tofu, chicken, tuna, ...]
- 100g of tomato pulp
- 1 carrot
- ½ onion
- 2 teaspoons of olive oil
- 1 teaspoon of sweet pepper
- 1/8 of a teaspoon of cayenne pepper
- Salt and black pepper
- Parsley

1. Finely chop the onion and fry it in a pan with the olive oil in a low heat.
2. When the onion starts to be transparent, add the carrot, diced in little pieces and let it cook [add water if needed].
3. Add the tomato pulp and season it.
4. After the pulp loses his sourness add the lentils and cover it with water.
5. After it's cooked serve the lentils with the pasta, previously cooked, and chopped parsley.

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# RECIPES

## MAIN COURSE

### VEGETARIAN HAMBURGERS

- 1 can of beans [any type]
- 1 carrot [you can add any other vegetables]
- 1 onion
- 2 or 3 tablespoons of breadcrumbs [or any type of flour]
- Spices [of your choosing]

1. Pre-heat the oven to 180°C.
2. Finely chop the onion and grate the carrot.
3. In a pan fry the onion with the olive oil.
4. Add the carrot and the beans, and season it as you like.
5. In a bowl smash the content and wrap it in the breadcrumbs/flour [you can mince it to obtain a more homogenous texture]. You can also add grated cheese, seeds or dry fruits to add a different texture.
6. Shape the meat in any shape and size and bake it in the oven for 20 minutes or if you prefer fry it in a frying pan.

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# RECIPES

## MAIN COURSE

### VEGETABLES “FEIJOADA” [for 4]

- 1 onion
- 1 clove of garlic
- 1 big carrot
- 410g of tomato pulp
- 80g of cabbage shoot
- ½ of courgette
- 1 can of butter beans
- Olive oil
- Flower salt, black-pepper, sweet pepper and cumin

1. Finely chop the onion and the clove of garlic. Fry the onion in a pan with the olive oil in a low heat and when it starts to become transparent add the garlic.

2. Finely slice the carrot and add it to the pan.

3. Add the tomato pulp, the seasoning and let it cook.

4. Chop the stalks of the cabbage shoot in small pieces and add it to the pan.

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# RECIPES

## MAIN COURSE

### VEGETABLES “FEIJOADA” [for 4]

5. After all is cooked add the beans, previously clean, add some water, stir it up and add the sliced courgette.

6. Chop the cabbage shoot leafs and add it to the pan.

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# RECIPES

## DESSERTS

### THE EASIEST COOKIES IN THE WHOLE WIDE WORLD

- 250g of flour
- 125g of butter
- 125g of sugar
- 1 egg
- 1 teaspoon of baking soda
- 1 pinch of salt
- Vanilla

1. Pre-heat the oven at 180°C.
2. Add all the ingredients in a bowl [you can melt the butter in the microwave] and knead it all together.
3. Roll out the dough with the help of a swiss roll and cut it in pieces [in any size of your choosing].
4. Decorate each cookie as you like [chocolate chips, dry fruits, ...]
5. Display the cookies in a tray, previously greased with butter or covered with butter paper, and bake it until they turn brown.

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# RECIPES

## DESSERTS

### LEMON & CINNAMON COOKIES

- 300g of flour
- 200g of brown sugar
- 1 teaspoon of baking soda
- 1 teaspoon of cinnamon
- 2 eggs
- 150g of butter [room temperature]
- ½ lemon [skin and juice]

1. Mix the flour, sugar, baking soda and the cinnamon.
2. Add the eggs, butter and the skin and juice of the ½ lemon, and knead it together.
3. Form a ball, cover it and let it rest for about 30 minutes.
4. Grease a tray with butter and sprinkle it with flour. Pre-heat the oven to 180°C.
5. Roll out the dough and cut it into pieces in any shape you want.
6. Bake it in the middle of the oven for 15 minutes.

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# RECIPES

## DESSERTS

### PANCAKES

- 1 cup of flour
- 1 egg
- ½ cup of milk
- 1 teaspoon of baking soda

1. Grease a frying pan with butter at a high heat.
2. Add all the ingredients into a bowl [if you prefer a mixture more liquid you can add more milk].
3. Reduce the heat of the stove and use a ladle to pour the mixture in the frying pan.
4. When the tips of the pancake are cooked and bubbles start to form at the surface you can turn the pancake [2/3 minutes each side].

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# RECIPES

## DESSERTS

### MUG CAKE

- 1 egg
- 4 tablespoons of sugar
- 1 tablespoon of flour
- 2 tablespoons of chocolate powder
- 2 tablespoons of oil

1. Add all the ingredients in a mug and cook it in the microwave for 2 minutes.

Bonus – add a dessert spoon of Nutella in the middle of the mixture [without mixing it again].

### BROWNIES

- 1 package of butter [without salt]
- 225g of culinary chocolate
- 90g of chocolate powder
- 1 tablespoon of coffee powder
- 400g of refined sugar
- 110g of brown sugar
- 2 teaspoons of vanilla
- 2 teaspoons of salt
- 6 big eggs
- 125g of flour

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# RECIPES

## SWEETS

### BROWNIES

1. Line the baking pan with parchment paper.
2. In a heat-proof bowl, combine the chocolate [cut into cubes], 30g of chocolate powder, and the coffee.
3. Melt the butter [for about 5 min on a stove] and add it immediately to the chocolate blend. Mix everything after about 2 minutes.
4. In another bowl, combine both sugars, the vanilla, the salt and the eggs, and mix everything for about 10 minutes [taking this time will make the difference].
5. Combine both bowls and mix.
6. Heat the oven at 180°C.
7. Sift the flour and the remaining chocolate powder and blend everything together, gently, with a spatula.
8. Put in the oven for about 30/40 minutes. When 10 minutes have gone by, take in out of the oven and let it drop on the countertop, and "cracks" will appear on the surface. Sprinkle with salt. Take it to the oven again and let it cook. If you poke it with a toothpick and it comes out clean, it's ready to take out of the oven.

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# RECIPES

## SWEETS

### CHOCOLATE CHIP COOKIES

- 3/4 of no salt butter box;
- 128g of flour;
- 1 teaspoon of baking powder;
- 1 teaspoon of baking soda;
- 1 teaspoon of fine salt;
- 128g of yellow sugar;
- 2 eggs;
- 2 teaspoons of vanilla;
- 330g +70g of cooking chocolate.

1. Cut 330g of chocolate.
2. Melt the butter and mix with sugar. Add the eggs, one at a time, and finally, the vanilla.
3. Mix flour, baking powder, baking soda and salt. Add to the sugar mixture, slowly.
4. Add the pieces of chocolate to the mixture.
5. Cover the mixture and leave it 15-30 minutes in the refrigerator.

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# RECIPES

## SWEETS

### CHOCOLATE CHIP COOKIES

6. Form dough/pasta balls [use a scoop of ice cream] and spread them on a tray [with considerable space between each].
7. Cut the remaining 70g of chocolate into larger pieces and place them on top of each ball, flattening them a little]
8. Bake for about 10 minutes [until the tips start to turn golden].

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# MOVIES

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If you are already tired of exercising , reading and cooking we also leave some suggestions of portuguese and international movies. Certainly, you'll become a movie expert!

There are some platforms where you can watch some online movies:

## NETFLIX

Huge variety of films, series, documentaries, among others

Free 30 day trial

Fixed monthly fee from 7.99€, without contracts.

## HBO

Huge variety of films, series, documentaries, among others

Free 14 day trial

Monthly subscription of 4.99€, without contracts.

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# MOVIES

## PORTUGUESE

O Pátio das Cantigas  
Os gatos não têm vertigens  
O Leão da Estrela  
A Gaiola Dourada  
José & Pilar  
Pára-me de repente o pensamento  
Pedro e inÊs  
Variações  
Fátima  
Jacinta  
Leviano  
Perdidos

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# MOVIES

## INTERNATIONALS

Lady Bird  
The Theory of Everything  
Still Alice  
Silence of Lambs  
American History  
Good will hunting  
Marriage Story  
Pulp Fiction

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# MOVIES

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## INTERNATIONALS

Midnight in Paris

Inception

Dead Poets Society

I am Sam

Coco

Book Thief

Five feet apart

500 days of summer

Beautiful mind

Shutter Island

Memento

The Boy in the Striped Pyjamas

Green Book

Parasite

Eternal Sunshine of the Spotless Mind

American Beauty

Hachi: A Dog's Tale

12 Years a Slave

Pain and Glory

Mommy

Trainspotting

The Help

Gone Girl

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## TV SHOWS

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The Good Place

Grey's Anatomy

Toy Boy

The Big bang theory

Lucifer

Sherlock

Elite

La casa de papel

Suits

Narcos

Dexter

Umbrella Academy

The Act

The end of the f\*cking world

The Marvelous Mr. Maisel

Game of Thrones

Brooklyn 99

This is Us

Prison Break

The Walking Dead

Arrow

Modern Family

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# DOCUMENTARIES

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Heal - The most Powerful healer is within  
An inconvenient truth  
As inconvenient truth sequel - truth to power

HOME

Take your Pills  
What the health  
Don't fuck with cats  
Tell me who I am

Babies

Amanda Knox

Minimalism

Behind the curve

Killer Inside: the mind of Aaron Hernandez

Fyre Festival

I love you, now die: The Commonwealth v. Michelle Carter

Unbelievable

Conversations with a killer: The Ted Bundy Tapes

I am a Killer

Derren Brown: Sacrifice

Inside Bill's Brain

Pandemic: How to prevent an outbreak

# GAMES

## **Pick what you have in your house:**

Why don't you try old games? Parents can teach the younger ones and enjoy a family moment. If possible, grandparents may be included. Even when there are no children, you can miss childhood times and have as much or more fun than children. **Rope jump, hide and seek, spin a top, release the imagination!**

## **Paper and pen:**

Battelship, Tic tac toe, Stop game, Hangman game, etc.

## **Online**

League of Legends

Fortnite

<https://www.miniclip.com/games/pt/>

<https://www.1001jogos.pt/>

A EA Games has many free mobile games:

<https://www.ea.com/games/library/freetoplay>

**APPS:** Houseparty and Heads Up

# PODCASTS

A podcast is a material in audio format, which shares entertainment content. It provides innovative content and current news, in a creatively and funny way, to entertain the audience. There are several online platforms where you can access this content, including Spotify, SoundCloud or websites that provide the podcast itself [e.g. radios].

## **Humor**

Aleixo FM

[https://open.spotify.com/show/ObUbdKMxCff\\_xh43lwbAkoi](https://open.spotify.com/show/ObUbdKMxCff_xh43lwbAkoi)

## **Hotel**

[https://open.spotify.com/show/2FhRNUH1Rc\\_hqaaLhfE5hQa](https://open.spotify.com/show/2FhRNUH1Rc_hqaaLhfE5hQa)

## **Fuso**

[https://open.spotify.com/show/2n6Er8wPMX\\_BaV9lUj6nlR3](https://open.spotify.com/show/2n6Er8wPMX_BaV9lUj6nlR3)

## **Ask.tm**

<https://soundcloud.com/pedro-teixeira-da-mota>

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# PODCASTS

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## Health

TedTalks Health

<https://player.fm/series/tedtalks-health>

The Ultimate Health Podcast

<https://bit.ly/2UDJ7gP>

## Nutrition

Nutrition Facts with Dr. Greger

<https://player.fm/series/nutrition-facts-with-dr-greger-1413399>

The Doctors Kitchen

<https://www.stitcher.com/podcast/audioboom/the-doctors-kitchen>

## BBC NEWS

<https://www.bbc.co.uk/podcasts/category/news>

## OTHER ACTIVITIES

**Painting/drawing** - Do you like to paint, but you never have time? Take the paper and pens and discover the Picasso in you!

**Puzzles** - It's the perfect time to finish that 1000-piece puzzle you never finished! Gradually do it day by day if it's reassuring to you.

**Sewing and knitting** - Whether you do it because you like it or just because you need it, now you have time to improve your sewing skills. All you need is a needle, thread and a piece of fabric. Let's practice!

**Handiwork** - Using materials you have at home, give wings to your imagination and create useful and unique objects and pieces for your daily life. Here are some inspirations:

**Origamis**

[[https://www.youtube.com/channel/UCbEiPECXvNKta\\_a4dUBRUh1w](https://www.youtube.com/channel/UCbEiPECXvNKta_a4dUBRUh1w)] / Easy and original ideas: [[https://www.youtube.com/channel/UC295-Dw\\_tDNtZXFAPA6Aw](https://www.youtube.com/channel/UC295-Dw_tDNtZXFAPA6Aw)]

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## OTHER ACTIVITIES

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**Music** - Take time to listen to an old CD, update yourself on the latest songs, play musical instruments [if you have and like it] or even learn a musical instrument.

**View and review your old photo albums and videos.**

**Gardening** - Do you have a vegetable garden on the balcony or in the backyard, but never have time to take care of it? Take the watering can and gardening gloves and regularly take care of your plants!

**Work ahead** - With all the free time that you have, in addition to these leisure activities you can manage your day in order to advance some of the work you have pending or to deliver in the near future [if it is possible to work from home]. Set daily goals so you don't get overwhelmed, but enjoy the time in the best way. You will be happy later to have advanced tasks and will be more relaxed.

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# MINDFULNESS

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Mindfulness focuses on deep attention on breathing. By focusing on this it is possible to have a greater concentration at the moment. From here, it evolves to focus on our thoughts, feelings and sensations associated with the present. Thus, this attention allows us to be more aware to what is happening in our mind and in our body, without judgment. In this way, we develop a greater capacity of acceptance and management of our emotions.

It leads us to a more assertive and balanced behavior, rejecting a reactive and inappropriate record, like the 'autopilot' mood.

And why is it so important that we try not to be on “autopilot” mood all the time? Because "our whole life happens now, in the present."

**Where can you start doing mindfulness?**

We leave some suggestions of apps that you can download to your smartphone: “Headspace”; “Smiling Mind”; “Stop, Breathe and Think”; “10% Happier”; “The Mindfulness App”; “Calm”

## **YOGA**

We leave, attached, different yoga positions that you can practice in your daily life.

### **YOGA with Kassandra**

<https://www.youtube.com/user/yogawithkassandra>

### **YOGA with Adriene**

<https://www.youtube.com/user/yogawithadriene>

### **Pri Leite YOGA**

[https://www.youtube.com/channel/UCehHOgfC-ivKz\\_htoMHxHtA](https://www.youtube.com/channel/UCehHOgfC-ivKz_htoMHxHtA)

We also leave the suggestion of trying **Laughter Yoga** - it's a great way to decompress and there are online classes!



## ONLINE COURSES

Atlier Digital da Google

<https://learndigital.withgoogle.com/atelierdigitalportugal>

Udacity

<https://www.udacity.com/>

Miríada X

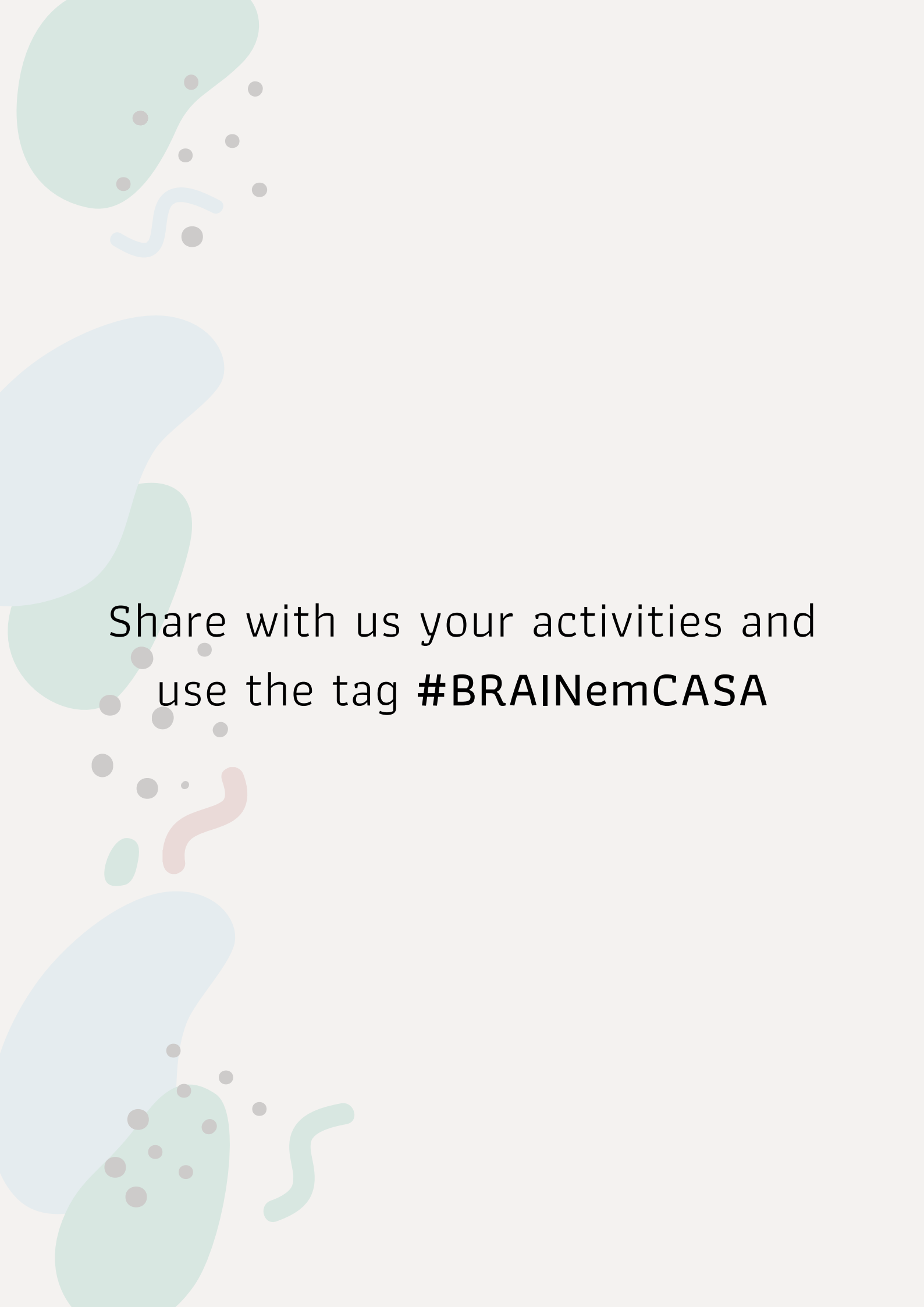
<https://miriadax.net/pt/home>

OpenupEd

<https://www.openuped.eu/>

Mooc List

<https://www.mooc-list.com/>

The background features a collection of soft, organic, watercolor-like shapes in shades of teal, light blue, and pale pink. Scattered throughout these shapes and the surrounding white space are numerous small, solid-colored dots in teal, light blue, and grey. The overall aesthetic is clean, modern, and artistic.

Share with us your activities and  
use the tag **#BRAINemCASA**

## **WE THANK EVERYONE INVOLVED IN THIS PROJECT**

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