

A BRAIN 4.0 SUGGESTION

HOW TO SMILE IN TIMES OF SOCIAL ISOLATION

MANUAL FOR STUDENTS

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 to 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 VIRUS COVID-19.**

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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://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 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 and 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.

PACIENT 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?

PACIENT 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

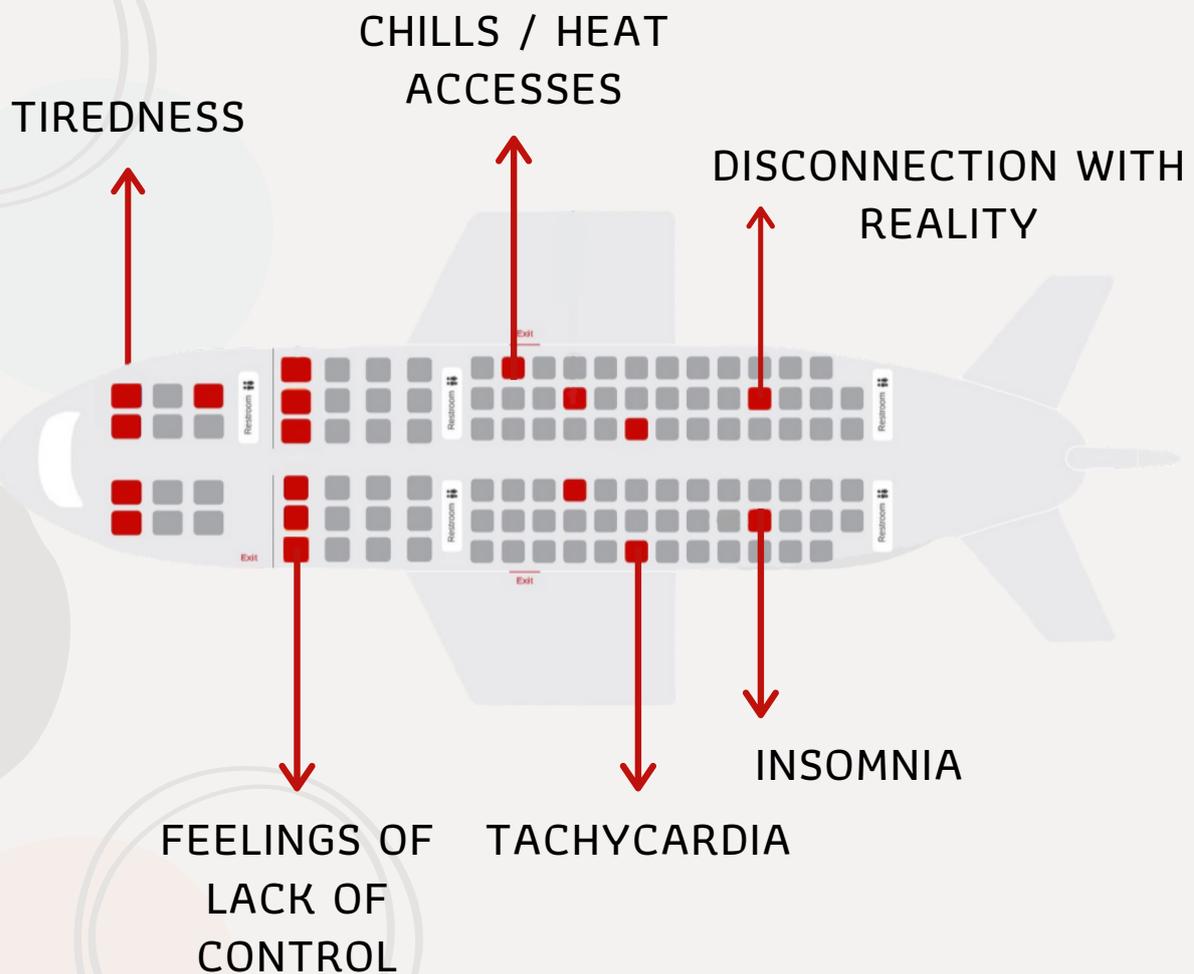
Keep in mind that, sometimes, it's difficult to distinguish different emotions. We can feel them at the same time, without being able to identify a cause or event that they may have caused.

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

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 vary 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 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, a rhythm 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 entry 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/ driftt 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 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.

THE GOOD NEWS!

The good news is that our mind is also capable of recording all our positive sensations and thoughts. For example, we can readjust our thoughts and emotions to the noise we hear.

That is why it becomes important to be aware of them so that you can readjust easier to all these thoughts.

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.



**SOME ACTIVITIES
FOR THE NEXT
FEW DAYS**

TIME MANAGEMENT TIPS

SET YOUR TIME

You don't need to get up early, but you shouldn't lose your rhythm. Set a wake-up time during the week and turn on your alarm clock.

SCHEDULE THE TASKS OF THE WEEK

Do your own work or study schedule. Use the to-do list we offer you.

PLAN THE NEXT DAY

Prioritize the week's tasks and realistically think about how much time you'll need to spend. For this, it may be useful to use the weekly schedule we leave you.

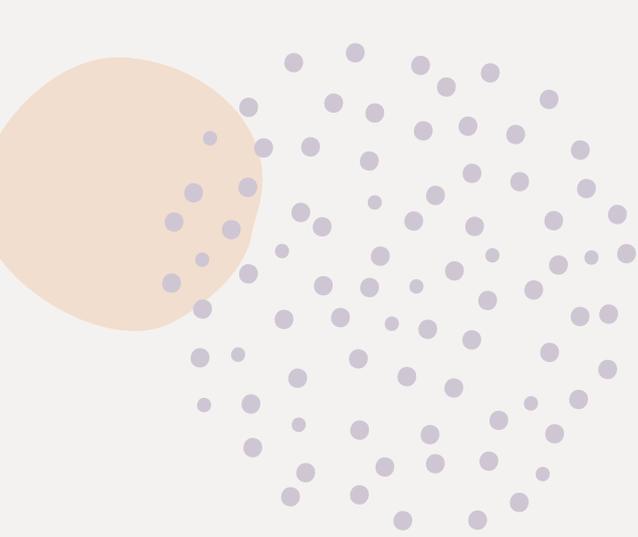
DON'T BREAK YOUR HABITS

Make the bed and keep your space organized. You shouldn't even neglect your appearance at home. Take off your pajamas and get dressed for one more day.

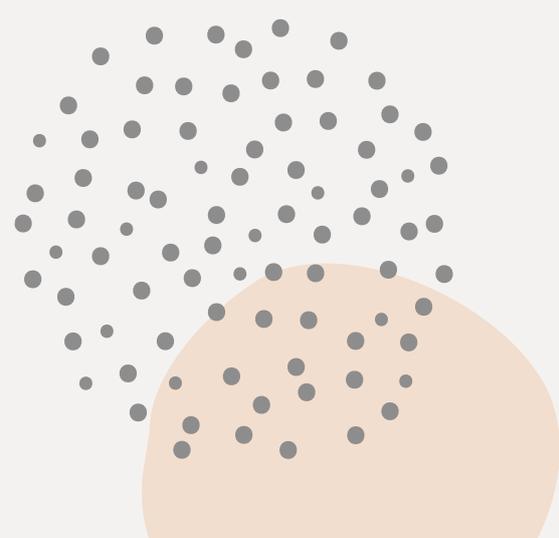
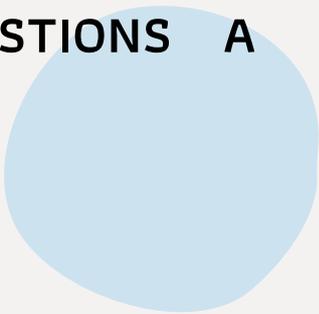
DEFINE DEADLINES

Working without a goal in sight can be demotivating. Be your own boss and set deadlines.

MOVE!



NOTE: IT'S NORMAL THAT, ESPECIALLY IN THE EARLY TIMES, YOU MAY NOT BE ABLE TO FOLLOW EVERYTHING TO THE LETTER. IT'S ALL RIGHT! WE ARE ALL ADAPTING TO A NEW REALITY, EVEN IF TEMPORARY. BE PATIENT WITH YOU AND THOSE AROUND YOU, AND GIVE OUR SUGGESTIONS A CHANCE.



MAKE A SCHEDULE

Take this time to devote yourself to activities you didn't have time for before.

So you don't lose the thread, make a schedule that contains several activities:

1. Housekeeping
2. Study
3. Movies/ TV shows
4. Reading
5. Exercise
6. Relaxation
7. Mindfulness
8. Social interaction
9. Choose a checklist item [Next page]

WHAT CAN I DO: CHECKLIST

Make dinner for the family: even if it's your pasta with tuna, you'll like it! But if you want to surprise, take a look at our recipe suggestions.

Get inspired: open the cookbook and make a cake for the family. These days they deserve an extra sweetie.

Travel: meals don't all have to be the same. Even in isolation you can take a jump to Mexico, have an English breakfast or enjoy some Tapas from our Hermanos.

Challenge yourself: take a chance on a vegetarian or vegan recipe.

Become a Bartender: Take advantage of the drinks from home and make up a cocktail. But only one.

Train for The Voice: the neighbors won't even get upset. Grab the hairbrush and make it the microphone. It's your stage. It's karaoke night!

WHAT CAN I DO?: CHECKLIST

Dust off board games: gather the family in the room and play like the old days. Go to the attic and bring Monopoly, Trivial, Party & Co. or Uno. Have you ever got rid of all this? Paper and Pencil. Let the STOP or the naval battle begin.

Back to Youtube: review the videos you left for when you had time [and patience]. It's time to follow the tutorial of hairstyle, makeup, diy or even Origami.

Some suggestions:

DIY: Maddu Magalhães [Youtube]

Organization: Marie Kondo [YouTube ou Netflix]

Hairstyles: Alice Trewinnard [Youtube]

Makeup: Helena Coelho [IG: @helenacoelhoo ou YouTube] Rita Serrano [IG: @rita_serrano ou YouTube] e James Charles [IG: @jamescharles ou YouTube]

Origami: Easy Origami [Youtube]

WHAT CAN I DO?: CHECKLIST

Clear favorites: Do you know that folder where you save the recipes of your favorite influencers? Be the masterchef at home for a day! No ideas? We help:

@vanessaalfaro

@misskalefrancisca

@anakrausz

@glutenfreecompaixao

@jocooking

@maryanapessanh

@categouveia

@laranja.lima.nutricao

@nutree.me

SOURCE: ADAPTAÇÃO DA NIT

Social interation: Without leaving the house! Set a regular time with your friends to have a video call coffee! It is important to demystify social isolation and not break habits that we like.

WHAT CAN I DO?: CHECKLIST

Schedule video calls with your friends: you choose a topic for the first video call – it can be the last movie you saw, a book you've read, a recipe you've tried or even a writing assignment you're struggling with. Choose a topic of conversation on a rotational basis so that everyone can suggest one.

Play games with your friends: there are a lot of games you can play online. The **House Party** app is just an example. It allows you to play a variety of games [trivia, quick draw, ...] with multiple players at a time.

Organize a Jam Session: what if you challenge your most talented friends?

Put all excuses aside: all your friends can finally listen to that song you're trying to make them listen for months. Demand a live reaction.

WHAT CAN I DO?: CHECKLIST

Meme Contest: You know that shameful photograph you have on your phone of that particular friend? Well, he/she probably have one of you too, but it's now or never! Start a meme contest. No rules. Just have some fun. Let the games begin!

Discover new music: it's always a good time to make a discovery. Why not discover a new musical artist every day? Listen to every "Tiny Desks" and "Colors Show". We promise you won't regret it!

Visit museums: even within four walls you can explore several museums, free of charge. Here are some suggestions:

<http://bit.ly/Visita1Museu>

Take a trip down memory lane: go to the attic and dust off those old photo albums. There's no need to criticize your parents' sense of fashion. We're sure they were all the rage back then.

WHAT CAN I DO?: CHECKLIST

Clean up your wardrobe: what to wear and what not to wear? That's the million dollar question. When it all settles down you can always give another chance to that outfit you don't wear anymore but it's still in perfect condition. If you don't know where to begin we have the perfect solution for you:

<https://www.armariocapsula.pt/como-comecar-um-armario-capsula/>

Remember those glorious days: re-watch the 2016 European Football Championship and the grand final of the 2017 Eurovision Song Contest with your family.

WHAT CAN I DO?: CHECKLIST

Do a movie marathon of your all-time favourites: you can begin with Disney's infinite universe, starting with the great "Lion King" and ending with the most recent blockbuster "Frozen". See all "Shrek" movies once again - we can bet you'll find many references not that age-appropriate. The "Harry Potter" saga is also a safe bet. Travel to Hogwarts or make a turn to Narnia! If you like being a little more ambitious, try to get lost in the world of the "Lord of the Rings" or the "Star Wars" universe.

Let your emotions run free: watch all the episodes of "Árvore dos Desejos". It's ok if you tear up a little!

Laugh your head off: watch all the episodes of "Último a Sair" and those of "Gato Fedorento".

Take a long hot bath: this time, and only this time, the environment and your mum can turn the blind eye.

WHAT CAN I DO?: CHECKLIST

Go green: do an intensive research of all the little things you can do now to diminish our ecological footprint [the menstrual cup, the water reuse system, buy in bulk or even vegetarian or vegan recipes you can try].

The Circle of Trust: we all know that social isolation can be a source of anxiety and frustration, which can lead to family disagreements. To avoid such conflicts try to create a safe space where you and your family can be honest and tell each other what you're feeling, even if you feel ridiculous doing it. Share what you're feeling and why you're feeling it. Don't shut yourself off. We need each other more than ever in times like the one we're going through. Encourage your family to do the same whenever they feel down. No judgment. You'll see that doing this will help you get through the day.

WHAT CAN I DO?: CHECKLIST

- Become a DIY queen or king: create a homemade face exfoliator and take care of yourself [you can find the recipe for it in this manual].
- Extreme Makeover – Home Edition: give that extra edge you always wanted to your living room or to your bedroom.
- Give mindfulness a chance!
- Call that family member that lives far, far away.
- Express yourself: embrace your inner Picasso! Recreate your favourite painting.
- Try the latest trend: learn the new tik tok choreography. This is not the time to be shy.
- Just press Rewind: turn on the TV on the Biggs channel, watch a random episode of “Morangos com Açúcar” and try to guess what’s happening.

WHAT CAN I DO?: CHECKLIST

Discover your best side: go to the room with the best lighting and set up the ultimate photoshoot.

Register your days: write a journal with your family. You can write about anything and add whatever you want [photos, recipes, ...]!

Add to this list your own activities and share them with us through your Instagram account using **#BRAINemCasa!**

EXERCISE

YOU DON'T NEED TO LEAVE YOUR HOUSE TO EXERCISE!

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

Here are some platforms that can provide you
free eBooks:

LeYa Online

[https://www.leyaonline.com/pt/catalogo/?
t=ebooks&gratuito=1](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](http://cvc.instituto-camoes.pt/conhecer/biblioteca-digital-camoes.html)

eBook Library -

"Plano Nacional de Leitura"

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

RECIPES

MAIN COURSE

SCRAMBLED EGGS [HUEVOS REVUELTOS] WITH CHORIZO

- 1/2 chorizo;
- 1/2 onion;
- 1/2 red pepper;
- 1/2 package shoestring potatoes;
- 2 eggs;
- 1 teaspoon of salt;
- Parsley and black pepper

1. In a frying pan, sauté the previously chopped chorizo. Let it cook for 3 minutes or until golden and remove from the pan. Set aside.

2. In the same pan, sauté the onion cut into slices and the pepper cut into strips for approximately 4 minutes, until they soften.

3. Add the chorizo again and add the shoestring potatoes. Mix it up.

4. With the help of a spoon, make two holes in the mixture and break the eggs into these holes.

5. Cover the pan with a lid and let the eggs cook until the egg whites turn white.

6. Season with salt, chopped parsley and black pepper.

RECIPES

MAIN COURSE

MEXICAN BEANS

- 3 tablespoons of olive oil
- 2 chopped onions;
- 4 chopped garlic cloves;
- 2 bay leaves;
- 75g of chopped bacon;
- 1 chopped red pepper;
- 1 teaspoon of cumin;
- 1 teaspoon of dried oregano;
- 2 cans of black beans;
- 1 teaspoon of salt;
- Pepper

1. Put the oil in a saucepan, add the onions, garlic and bay leaves and let it simmer.
2. Add the bacon. Increase the heat, mix everything up and let it cook for another 2 minutes.
3. Lower the heat, add the pepper, cumin and oregano, mix everything up and let it cook for another 3 minutes.
4. Drain the beans and add them to the cooking.
5. Mix it up, season with salt and a little pepper and let it simmer for about 12 minutes.

RECIPES

MAIN COURSE

CHEESE BUNS IN THE OVEN

- 1 rustic bread;
- 1 package of grated emental cheese;
- 150g of diced bacon.
- 60 g of butter;
- 2 tablespoons of an aromatic herb mixture.

1. Preheat the oven at 200°C.
2. Cut the bread diagonally into thick slices and then cut it again, crossing those diagonals. Be careful not to cut until the end.
3. Introduce cheese into the slices of bread and then introduce the bacon. With the help of a knife push everything in so that this filling stays inside the bread.
4. Place the bread on top of an aluminum foil sheet and wrap it. Place it in the oven for 12 minutes.
5. Remove from the oven, open the aluminum foil and spread the bread with the butter, previously melted. Sprinkle the bread with the herbs and serve immediately.

RECIPES

MAIN COURSE

CHICKPEAS AND COURGETTE BURGERS

- 1 courgette;
- 250g of cooked chickpeas;
- 1 egg;
- ½ onion;
- 100g of wheat flour;
- 1 tablespoon of corn flour;
- 50g of breadcrumbs [for breading];
- Salt, pepper, thyme, oregano, garlic powder and olive oil

1. Start by washing the courgette and grating it. Let it drain in a strainer for 15 minutes.
2. Drain and rinse the chickpeas and mash them with the onion and a pinch of thyme and oregano.
3. Add the egg, courgette and mixture of both flours and knead vigorously, until you get a homogeneous dough.
4. Season with salt and pepper and refrigerate for half an hour.
5. Use a mold to prepare the hamburgers. Pass them over the breadcrumbs and place them in a frying pan with a little bit of olive oil, letting them cook and turning them over carefully.

RECIPES

MAIN COURSE

LENTIL CURRY

- 200g of green lentils;
- 2 tablespoons of coconut oil;
- 1 chopped onion;
- 4 chopped garlic cloves;
- 2 tablespoons of chopped ginger;
- 1 tablespoon of curry powder;
- 200ml of coconut milk;
- ½ mashed green pepper;
- 1 can of tomato pieces;
- 1 teaspoon of salt;
- Coriander

1. Soak the lentils for 30 minutes.
2. Heat the coconut oil in a pan, add the onion, garlic and ginger and let it simmer for 3 minutes.
3. Add the curry and mix everything up. Add the lentils, the coconut milk, the mashed green peppers and the tomatoes.
4. Season with salt and let it simmer for about 15 minutes.
5. Serve with chopped coriander and basmati rice.

RECIPES

DESSERTS

THE EASIEST COOKIES IN THE ALL 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.

RECIPES

DESSERTS

PANCAKES

- 50g of flour;
- 50g of sugar;
- 1 teaspoon of baking powder;
- 1/2 teaspoon of salt;
- 1 medium size egg;
- 200ml of semi-skimmed milk;
- 2 tablespoons of butter [to grease].

1. In a bowl, mix the flour, the sugar, the baking powder, the salt, the egg and the milk.
2. In a non-stick frying pan, melt the butter on a low heat.
3. Pour a tablespoon of dough into the pan and slightly spread the dough.
4. When the top of the pancake starts to show small bubbles, you can turn it over with the help of a spatula.
5. Repeat the process until you finish the dough, adding butter to the pan whenever necessary.
6. Serve the freshly made pancakes with honey, berries, peanut butter and bananas, chocolate, etc.

RECIPES

DESSERTS

OVERNIGHT OATS

- 1 banana;
- 1 kiwi;
- 125ml of greek yogurt;
- 30g of oat flakes;
- 3 tablespoons of a vegetable drink at your choice;
- 1 spoon of chia seeds.

1. In an hermetic jar, mix the oats with the milk.
2. On top place the sliced banana, half yogurt mixed with chia seeds and, finally, half sliced kiwi.
3. Then place the remaining yogurt and kiwi, cover and let it rest in the refrigerator overnight. In the morning, the only thing you need to do is eat it!

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

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

RECIPES

DESSERTS

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 it 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.

RECIPES

DESSERTS

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.

RECIPES

DESSERTS

CHOCOLATE CHIP COOKIES

6. Form dough 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].

RECIPES

HOMEMADE EXFOLIANT

FOR OILY AND MIXED SKIN

- 2 tablespoons of honey;
- 5 tablespoons of sugar;
- 4 tablespoons of warm water.

All ingredients should be mixed in a clean container. Mix them until they form a consistent paste.

To use, simply apply the exfoliant on your body or face, making circular movements.

MOVIES

If you are already tired of exercising , reading and cooking we also leave some suggestions of portuguese and international movies. Certainly, It's now that you 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.

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

MOVIES

INTERNATIONALS

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

MOVIES

INTERNATIONALS

- Midnight in Paris
 - Inception
- Dead Poets Society
 - I am Sam
 - Schindler's List
 - Book Thief
- Five feet apart
- 500 days of summer
 - Beautiful mind
 - Shutter Island
 - Memento
 - Black Swan
- American Beauty
- Hachi: A Dog's Tale
- 12 Years a Slave
 - Mamma mia
 - Mommy
- Trainspotting
 - The Help
 - Gone Girl
- Dallas Buyers Club
- The Boy in the Striped Pyjamas

MOVIES

2019 AND 2020 OSCARS

Now that you have time, you can finally have an Oscar Movie Session and make your opinion count. Challenge your friends and have your own gala!

OSCARS 2019

- Black Panther
- Black k Klansman
- Bohemian Rhapsody
- The Favourite
- Green Book
- Roma
- A Star is Born
- Vice
- At Eternity's Gate
- Can You Ever Forgive Me
- If Beale Street Could Talk
- Incredibles 2
- Ralph Breaks the Internet
- Spider Man: Into the Spider Verse
- Crazy Rich Asians
- Avengers: Infinity War.

MOVIES

2019 AND 2020 OSCARS

OSCARS 2020

- Joker
- 1917
- The Irishman
- Once Upon a Time in Hollywood
 - Jojo Rabbit
 - Little Women
 - Marriage Story
 - Avengers: Endgame
- Star Wars: The Rise of Skywalker
 - Toy Story 4
 - Knives Out
 - Ad Astra
- A Beautiful Day in the Neighborhood
 - Ford Y Ferrari
 - The Two Popes
 - Frozen II
 - Bombshell
 - The Lion King
 - Harriet
 - Richard Jewell
- How to Train Your Dragon: The Hidden World
 - Parasite
 - Pain and Glory
 - The Lighthouse.

TV SHOWS

- The Good Place
- Grey's Anatomy
 - Toy Boy
- The Big Bang Theory
 - Lucifer
 - Sherlock
 - Elite
- La Casa de Papel
 - Suits
 - Narcos
 - Dexter
- Umbrella Academy
- How to Get Away With Murder
 - The Act
- The End of the F*cking World
 - Sopranos
- The Marvelous Mr. Maisel
 - Game of Thrones
 - Breaking Bad
 - Brooklyn 99
 - This is Us
 - Prison Break
- The Walking Dead
 - 13 Reasons Why
 - Arrow
- Modern Family

DOCUMENTARIES

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

Hotel

https://open.spotify.com/show/2FhRNUH1Rc_hqaaLhfE5hQa

Fuso

https://open.spotify.com/show/2n6Er8wPMX_BaV9lUj6nlR3

Ask.tm

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

PODCASTS

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/ne](https://www.bbc.co.uk/podcasts/category/news)

[WS](#)

MINDFULNESS

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 for 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>

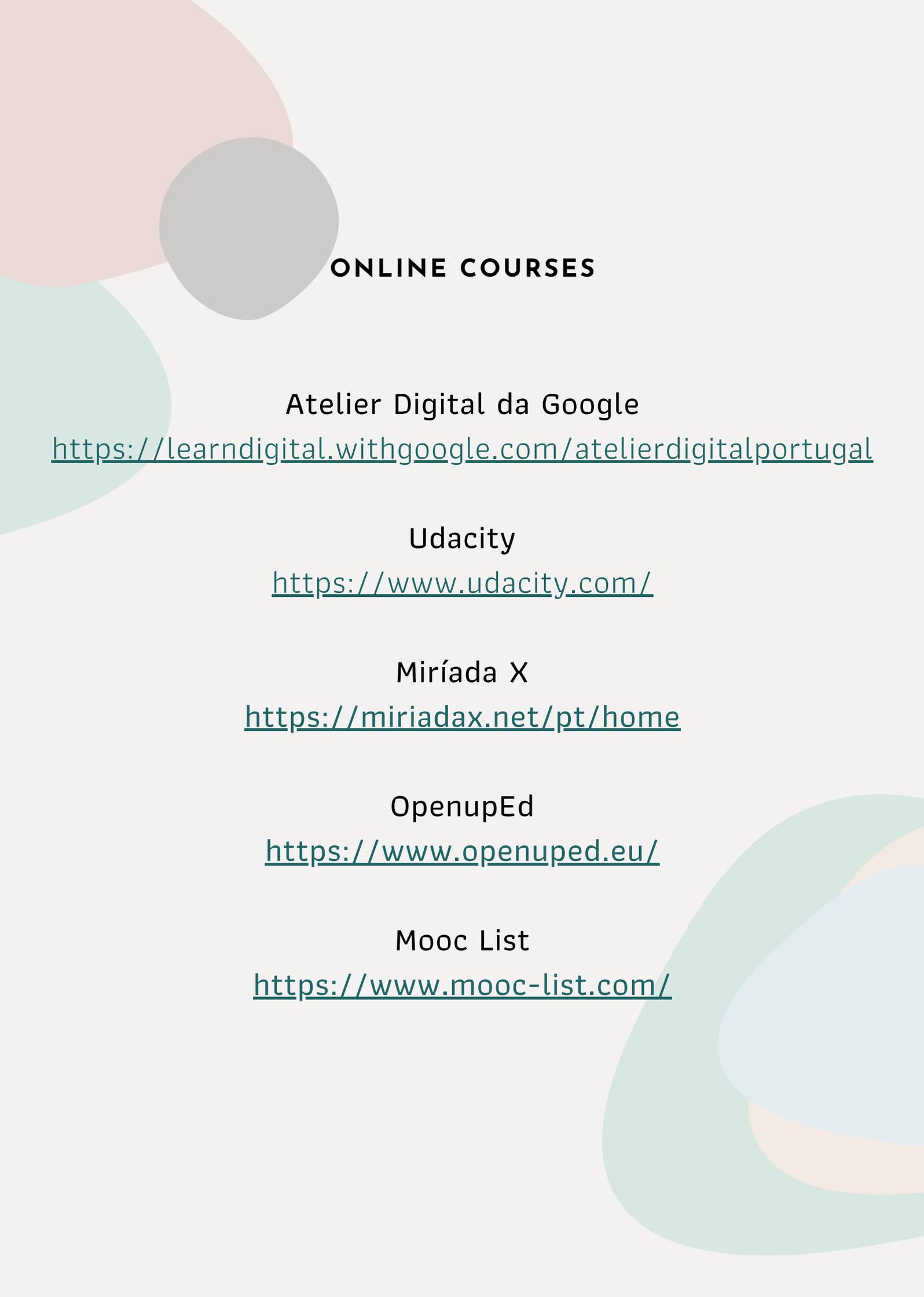
YOGA with Adriene

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

Pri Leite YOGA

https://www.youtube.com/channel/UCehHOgfC-ivKz_htoMHxHtA

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



ONLINE COURSES

Atelier 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

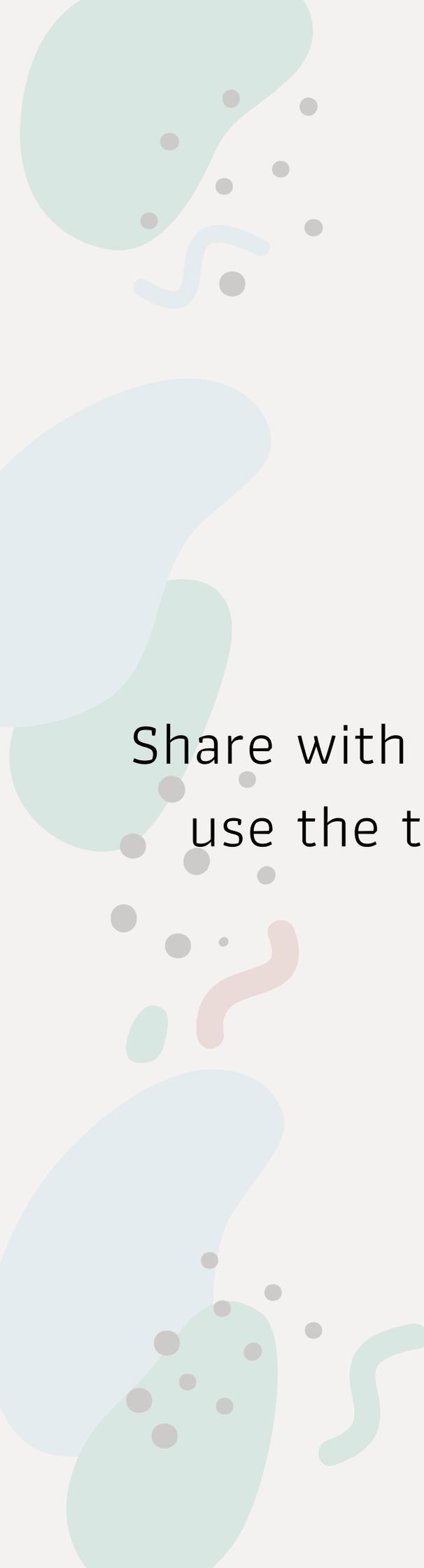
<https://www.mooc-list.com/>

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The left side of the page features several large, overlapping, organic shapes in shades of light green, light blue, and light pink. Interspersed among these shapes are numerous small, solid-colored dots in shades of grey, light green, and light blue. Some of the shapes have a wavy, ribbon-like appearance, while others are more solid and rounded.

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