

## Question 1 - feelings

What things, activities, techniques etc. help you feel more relaxed, less worried, less stressed? What do you do to relax when you're stressed? Write the answers in a chart window below.

When I'm stressed, I like to read a book.	When I'm stressed, I like to talk my sister.	.When I'm stressed i like to talk with my friends.	
When I'm stressed like to listen to songs	when I'm stressed,I like to lift my self	When I'm stressed I go play games	When i am stressed, i like to ride a bike
When I'm stressed I like to play with my animals(lizard,dog, cats)	When I'm stressed I like to make my bro go nuts	When I am stressed I like to play games.	When I am stressed, I like play computer game.
When I'm stressed I like to listen to music.	When i'm stressed, I like to draw things, listen to music, play with my cats.	When I am stressed, i like play football or sleep.	

## Question 2 - feelings

Imagine you're talking to a psychologist about people's mental health in lockdown. Considering everything you've got to know so far, ask the psychologist two questions about this topic. Write the questions in a chart window.

Do people call you more now that before? About how many calls a day do you have?	About how many calls a hour do you have? How you make calls?	Do you have calls for younger people or for older people? Do you have more work now or before lockdown?	
I don't know.			
			Do you have more patiens then usual?

### Question 3 - social media

A group of Facebook, Instagram, Twitter and TikTok administrators agree that they will answer two questions about social media posts and activity during lockdown. You can ask anything. Write your two questions in a chart window.

Is it now that we're locked up more people on social media? At what hours are most people on social media?	Which population is most on social media? Which population is the most by age on social media?	Which country is the most on social media? How many hours people are average on social media?	How much people use a social media?
Does people make more videos during quarantine?	Are people more on social media during quarantine?		Are now more people on social media? How much time are people spending on social media?
Why do people look for information on social media?			

### Question 4 - social media

During this lockdown, you can see all sorts of information on social media about Covid 19, about how it spreads, how you can cure it, how you can prevent yourself from infection, etc. In this flood of (mis)information, how do you choose what to believe? Do you verify the information that you see? How? Choose one box in the chart and type your answer there.

I chek the writing in the NIJZ.	I chek the write in the NIJZ.	I check the write in the NIJZ and i check if anyone post the same information.	i chek who post link.
I check comments	I check on social media.		
I check if anyone have said same	i check information on google		
I check different sites.			