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Acronym: **Routine for Healthy Life**
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Summary

The COVID-19 pandemic has generated a series of new and unexpected problems in the life of people and has highlighted all the frailties and weaknesses of our communities and of the single individuals, not only from an organizational, health and economic point of view, but also from a psychological, cultural and social point of view.

- The pandemic and the resulting economic recession have negatively affected many people's mental health and created emotional fragility.
- The lockdown has caused isolation and relegated people to their homes, exposing them to long periods of sedentary life, alterations in the rhythm of life and an unbalanced diet
- The lack of social contacts, the social distancing and the fear of others have exacerbated the solitude and the risk of social exclusion, discrimination and self-isolation;
- The strong use of digital tools for communicating highlighted the lack of digital skills of many adults, increasing the gap between generations, exposing them to the risk of social and professional exclusion.

Aim of the project

To know that we are not alone to face an unexpected crisis and to learn how to deal with it in order to preserve our psycho-physical wellbeing and balance.

Main objectives

- To stimulate adults' awareness of the importance of maintaining a regular daily routine in order to preserve a good level of psycho-physical health.
- To promote healthy behaviors (such as healthy food and regular physical activity) as tools for health and well being
- To improve the digital competences of adult people to communicate, accede to services and for job search.
- To develop adults and senior personal social and learning to learn competence, as well as problem solving skills and creative thinking.

Coordinator

TRAVELOGUE ASSOCIAZIONE
DI PROMOZIONE SOCIALE



Partners

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