

Wellbeing as important part of Covid-19 situation

“The extensive time of the lockdown during the COVID-19 pandemic has an impact on people’s professional and private lives. Many of us feel anxiety due to uncertainty what the future will bring. Typical for crisis situations is the fact that our existing habits and automatic responses are ineffective. Therefore, it is good to refrain from taking immediate actions and look at the situation from a broad perspective.”

We gladly invite you to read an interview with Lina Lindell from the Linnaeus University (Sweden) conducted by Anna Dziadkiewicz from the Pomerania Development Agency in Gdańsk, Poland.

[“Wellbeing as important part of lockdown”](#)