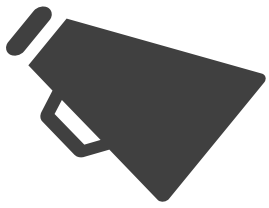
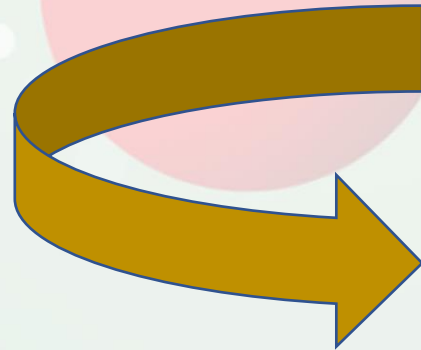




## **E' NATALE: CI SENTIAMO PIU' TRISTI?**



Una pubblicazione sull' International Journal of Environmental Research and Public Health del 2021 titolava: "Mental Health during the COVID-19 Lockdown over the Christmas Period in Austria and the Effects of Sociodemographic and Lifestyle Factors",



ALLE DIFFICOLTA' LEGATE AL LOCKDOWN SI AGGIUNGEVANO QUELLE DEL PERIODO DI NATALE. PERCHE'?

# I SENTIMENTI DIFFUSI:

TRISTEZZA

ISOLAMENTO

MALINCONIA

ANGOSCIA

SOLITUDINE

DELUSIONE

INFELICITA'