

Easy ways to relieve the stress and the negative feelings during quarantine

- ❖ Reading is a great time-killer to avoid thinking about reality
- ❖ Drawing and painting stimulate the release of serotonin, the happiness hormone
- ❖ Walking your dog or doing exercise can help fight a negative mindset
- ❖ Cleaning up your room can make you feel more relaxed
- ❖ Calling your friends and relatives will cheer you up

