

## HOW TO BE HAPPY DURING ISOLATION



First of all, I want to say that it is difficult to stay happy during this tough period. For this reason, I am trying to spend my time better and enjoy this isolation. In fact, in my opinion, there are also positive aspects, for example:

I can spend more time with my family, even having long chats about things that before there was no time to talk about.



In addition, I have the opportunity to speak with my friends, including those from school. After the video lessons, sometimes we have fun playing online with the playstation.



Sometimes I also find time to do bodyweight exercises with my brother while the gyms are closed, I enjoy training at home doing physics activities.



I have also started cooking something with my mother, something that I think I would never have done without this isolation.



Finally, in my opinion even in the most difficult situations we can always find something positive and I hope that it will be resolved as soon as possible and in the best way.