

ADVICE FOR STAYING HAPPY AND MOTIVATED DURING ISOLATION

- You've got plenty of time: use it to train and do some sports to keep yourself fit.



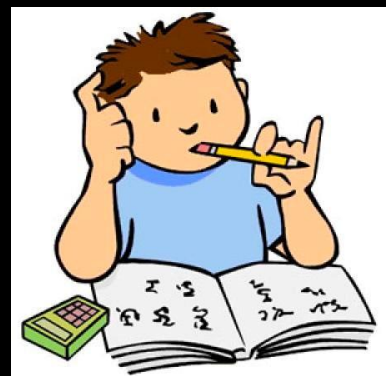
- Help your parents with the housework so that you can use this time to do useful things not only for yourself but even for others.



- Spend time with your family, talk about something you have never told them, have a talk about whatever you like and play board games.



- You could study: use this time to study in depth subjects that you haven't studied well.



- You can cook not only for your family but you can bake cakes and find out culinary skills that you have never known about.

