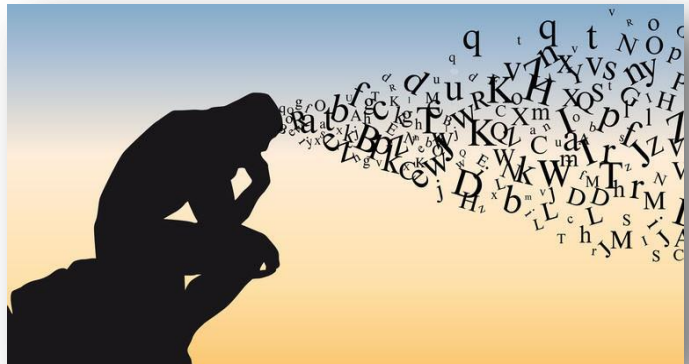
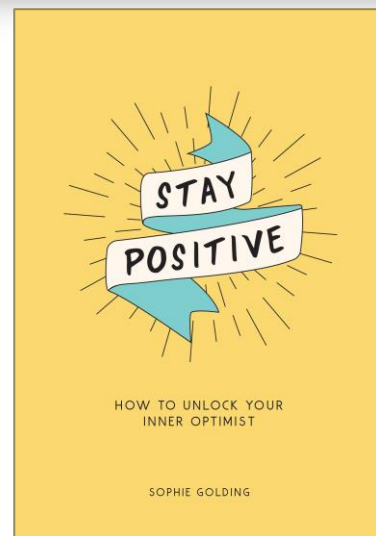


How to stay happy and motivated during quarantine

During this quarantine there is a lot of time to reflect on ourselves and on what surrounds us.



Even if this is not one of the best situations we have lived so far, we must stay positive and try to motivate ourselves.



Sometimes it can be difficult to face boredom, but it is very useful to stimulate our creativity and to think about all the things that we still have not done. One example concerns all the journeys we are going to do once we are allowed to go on holiday. Costs will be probably lower so it will be easier for all of us to plan something different to do either in Italy or abroad.



Another funny thing to do in the lockdown is to make new dishes or to try to reproduce some particular dish we had tried before in a restaurant. There are lots of recipes to follow that are very simple and good.

