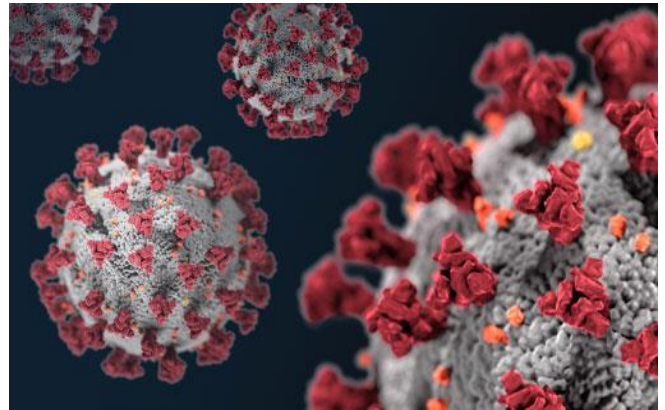


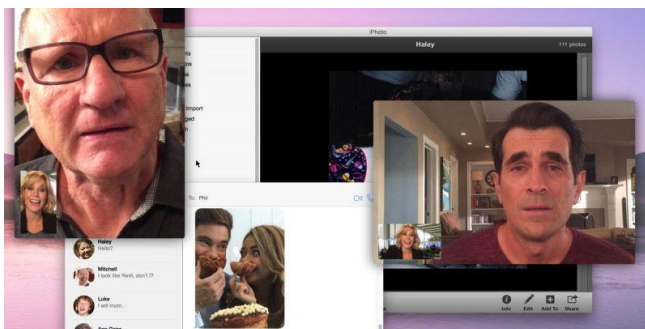
How to stay happy and motivated during isolation

Isolation is the exclusion from relationships or contacts with the surrounding environment, mostly motivated by reasons of safety. In this period, we need to stay in home quarantine to preserve ourselves from the pandemic of Covid-19. Isolation can cause depression simply because while there are people like hikikomori who cannot stay with other people there are also others who cannot stay alone.



For this reason, I am going to give you some advice to survive this quarantine with a smile. On the one hand, it is important to have a daily routine, which gives you an occupation even in the most boring days. Pascal says that humans find some *divertissement* in order not to think about things that shock us, in some cases reality. My advice is to find some of this *divertissement* because we have so much time to spend, maybe we could do activities that we have always wanted to do, such as cooking or reading. On the other hand, it is important to talk with other people, fortunately there are many ways to talk with friends and relatives, maybe this quarantine can give us the opportunity to rebuild relationships with people which we have not

seen for a long time.



Gianpaolo Pennacchio IVScA