

My recommendations for isolation:

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I believe there are many ways to avoid falling into depression during isolation. The ones I recommend are:

- Organize every day with some ideas of what to do.



- Participate actively in home life, helping family members when they need.



- Play some sports, it can distract and make you feel happier.



- Look for new emotions, experiment something that, during normal life, you cannot do because you do not have time.

