

## HOW TO STAY HAPPY AND MOTIVATED DURING ISOLATION:

- With a smile
- With willpower



We must distract ourselves as much as possible, filling our days but above all always engaging with different activities like:

- Cutting your hair on your own
- Painting the wall of your room



- Making a big cake



- Dancing



- Singing



If you have the opportunity to spend this quarantine with someone like parents, siblings or friends, it would be better if you decided to spend these days with them.



Take advantage of this quarantine engaging with useful activities, making the best time out of this situation.