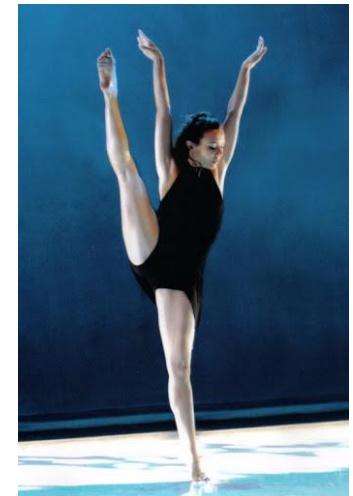


How to stay happy and motivated during isolation

1. Get into a routine



2. Cultivate and deepen your interests



3. Make a daily to-do list

