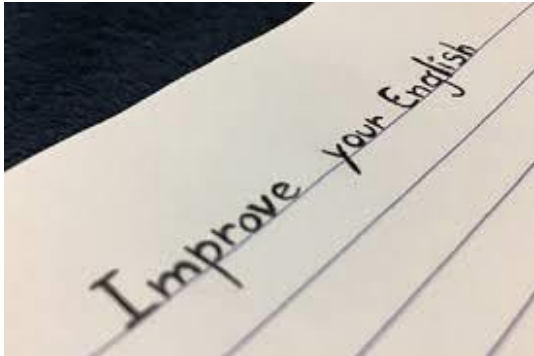


# HOW TO STAY HAPPY?

## ADVICE AND SUGGESTIONS:

1. Watch all the really long movies you've avoided until now.



2. Improve your English, or any other language you know.

3. Read a book.

4. Write a diary, that you can read when all this is over.



5. Tidy up your room.

6. Do a lot of training.



7. Go out, always respecting the rules, to distract yourself a little.

