

«How to stay
happy and
motivated
during
isolation»

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Happiness
is homemade





From my personal experience

The most efficient suggestions I figured out during isolation are quite simple things, but the basis of our happiness pursuit:

- Find something that can distract you from the terrible daily news we're, unfortunately, almost used to: Videogames, TV Series, Books...
- Keep yourself in touch with your friends! Distance doesn't cut off relationships, but it could.
- Take advantage of the time you can spend with you and yourself only, this is, despite everything, a rare occasion!
- Keep doing Exercise constantly! It's scientifically proved that muscular activity stimulates the production of Endorphins which make us happy and healthy-feeling.