

A thick black L-shaped frame surrounds the text. The top horizontal bar is on the left, the left vertical bar is on the left, and the bottom horizontal bar is on the right, with a vertical bar on the right side.

HOW TO STAY HAPPY AND MOTIVATED DURING ISOLATION

by Elisabetta Hill



- Use your time to focus on yourself
- Workout
- Take up a new hobby
- Gardening
- Learn to play an instrument
- Painting
- Communicate with your loved ones through internet and the media
- Meditate

