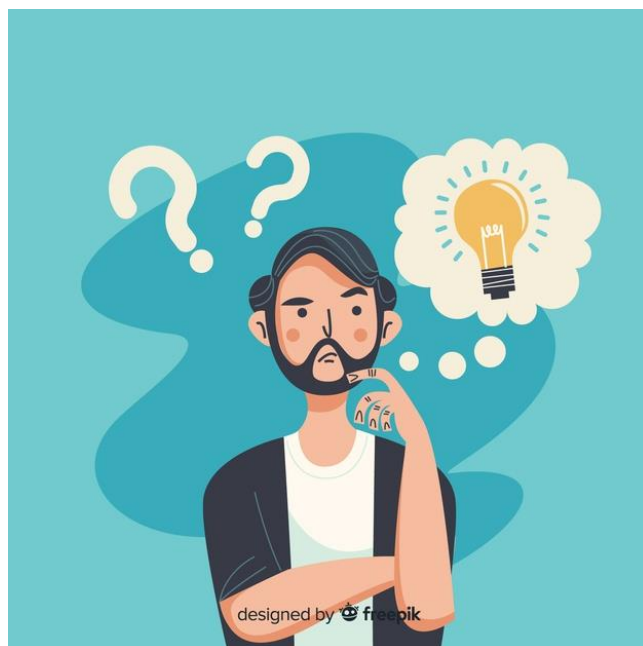


## HOW TO STAY HAPPY AND MOTIVATED DURING ISOLATION

- Think more about ourselves



- Spend some time with our parents



- We should not waste it spending time in front of the phone screen

