

How to stay happy and motivated during isolation

- * You can spend your time discovering new pleasures, such as drawing, cooking or reading



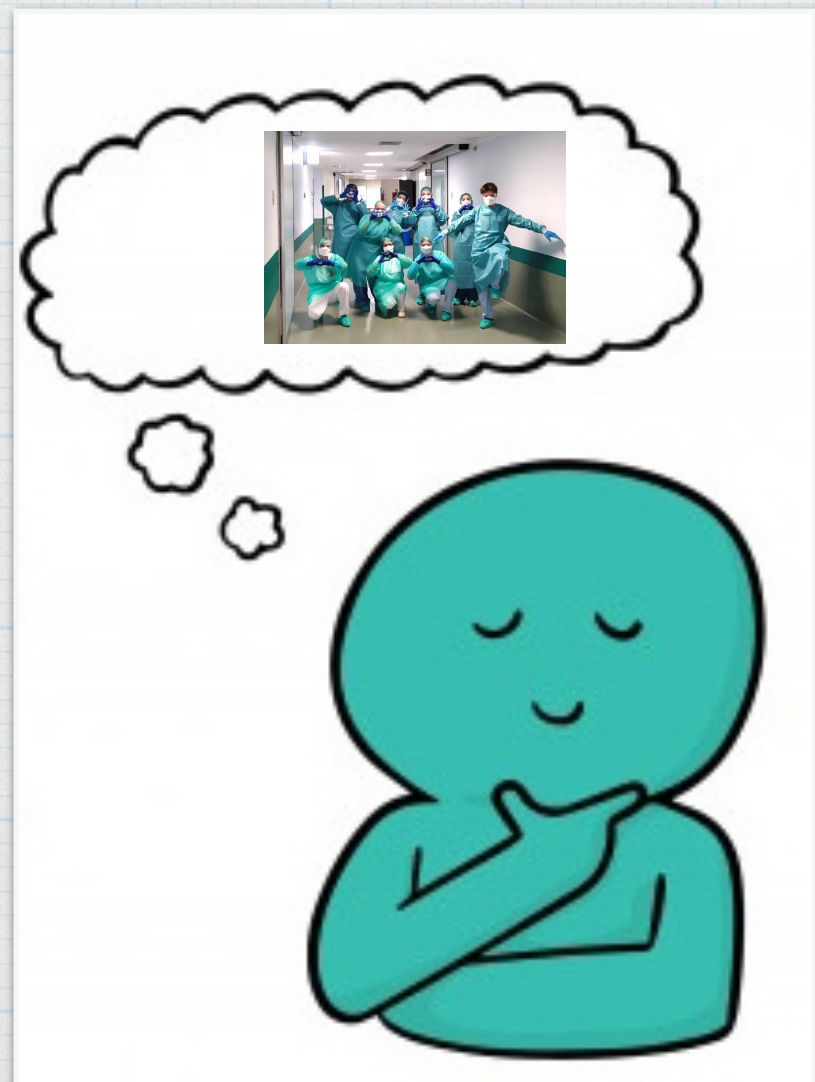
- * You can call someone you have not heard for a long time



- * You can strengthen the relationship with yourself and your family



- * You have to remember that there are people which are fighting on the front lines for the good of our society and staying at home is a way to help them



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