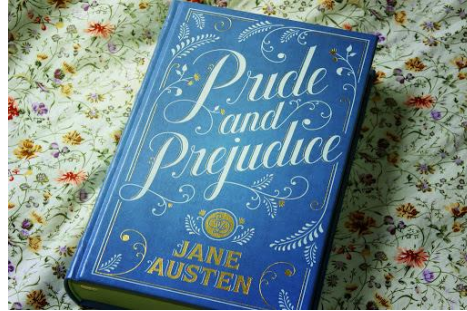


HOW TO STAY HAPPY AND MOTIVATED DURING ISOLATION



IELTS – Rachele Stipo IV sc.B

IDEAS:



- Follow some workout tutorials online, on YouTube for instance, and keep the body in shape
- Watch all the films or TV series that normally we can't keep up with, since usually there is not enough time
- Read books
- Accept the situation, deal with it and start to adapt to a new lifestyle that allows us to organize our time, find some new interests