HMW solve the emotional problem during self-insulation?

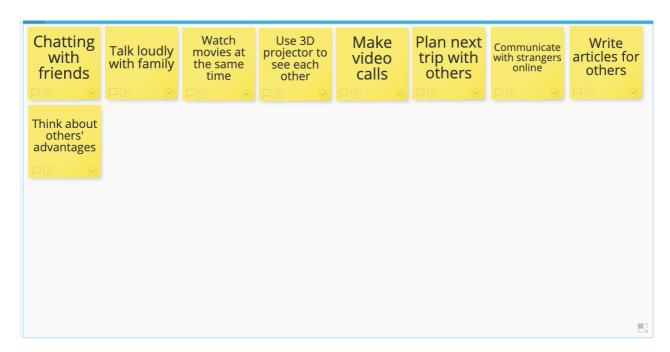
KEEP PHYSICAL HEALTH

diet	Drink enough water	Have a nice sleep	Do exercise regularly	Not too much time on phone	Look at the scenery outside the window	Wear enough clothes

ACTIVITY ON ONE'S OWN

Play computer games	Draw pictures of others	write a novel	Encourage yourself	Try help others	Have a electronic pet	Read jokes □□ ⊗	Think positively
Imagine a friend	Learning a new skill	Share yourself online	Stop useless worrying	Watch televition	Read a book	Keep a diary	

ACTIVITY WITH OTHERS



OBJECT WHICH CAN MAKE AN IMPROVEMENT

