

HMW solve the emotional problem during self-insulation?

KEEP PHYSICAL HEALTH

Have a balanced 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
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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 television	Read a book	Keep a diary	

ACTIVITY WITH OTHERS

Chatting with friends

Talk loudly with family

Watch movies at the same time

Use 3D projector to see each other

Make video calls

Plan next trip with others

Communicate with strangers online

Write articles for others

Think about others' advantages

OBJECT WHICH CAN MAKE AN IMPROVEMENT

An AI robot friend

A flexible door to touch others

Use a transparent door

A place showing what others are doing

A whiteboard door to write on