

Dear Wang.

I'm sorry to hear that you have been feeling depressed  
of because you can't go out, ~~because~~ due to the epidemic.  
~~I'd like to~~ In view of all above, I think some  
urgent measures need to be taken to solve this problem.

Firstly, you can ~~try~~ ~~that~~ using Internet to find  
in some indoor activities. As to it is the fact that we  
can't go out, we need to find some ways to release  
ourselves. And indoor activities may be a good  
suggestion for you. Besides, I suggest that you can try  
fewer things. There are many proved that shipping ~~you~~ is  
the major ~~then~~ cause of epidemic. If you keep doing  
that, I'm sure ~~you~~ the ~~&~~ COVID-19 will soon passed  
by and we will get better.

Hope some tips works for you.

Write to me if you have further problems.

Yours truly  
Zhang