1) Faith – Faith makes me stronger mainly because my soul is free.
2) Time flow – everything moves, nothing stays. The fact that
everything comes and goes helps me a lot in prison. My time in
prison will pass and I’ll be free and happy again.
3) Strict rules – every day is a stereotype. The beginning is hard,
but a human is adaptable. If you follow strict order every day, you
get used to it and imprisonment is more bearable. It is important
to divide the day well, maybe hour after hour.
Join activities you enjoy, but even something you
don’t enjoy, that is the magic 😊
4) Don’t dwell on the past, you can’t change that.
Focus on the present and on how to make the
best out of it.
5) Don’t believe the media. Use your common
sense.