

# Pussy Riot's Nadya Tolokonnikova Shares 5 Quarantine Tips

May 05, 2020

**The  Moscow Times**

Quarantine is getting to the best of us.

Luckily Pussy Riot's Nadya Tolokonnikova is here to share five strategies for survival she learned from her time in a Russian prison to help you get through these long and gloomy days.

From reading books to exercising, every little bit helps!

Original url:

<https://www.themoscowtimes.com/2020/05/05/pussy-riots-nadya-tolokonnikova-shares-5-quarantine-tips-a70190>