

**Sleep Less**

**Take a day off**

**Run away**

**Pretend it's  
okay**

**Joke or Laugh**

**Draw/Paint**

**Sit it out**

**Go for a run**

**Go for a swim**

**Listen to music**

**Avoid or put  
off something  
you have to do**

**Take risks**

**Sleep more**

**Go to bed early**

**Eat more**

**Complain**

**Write about it**

**Party/ Socialise**

**Blame yourself**

**Smoke cigarettes**

**Go Shopping**

**Call friends**

**Withdraw  
from people**

**Play sport**

**Worry**

**Drink alcohol**

**Have a shower**

**Exercise**

**Get sick**

**Meditate**

**Make a plan**

**Eat less**

**Blame someone  
else**

**Pray**

**Set goals**

**Start a fight**

**See a  
counsellor**

**Scream**

**Talk it over**

**Take the dog  
for a walk**

**Bake/Cook something**

**Watch television**

**Colour**

**Volunteer**

**Drink Coffee**

**Watch a funny video**

**Do a puzzle**

**Get a message**

**Problem solve**

**Quit**

**Play with an  
animal**

**Eat junk food**

**Get out**

**Play computer  
games**