



#### **Sleep Less**

#### Take a day off

MINDOUT •

MINDOUT •

#### Run away

## Pretend it's okay

MINDOUT •

MINDOUT •

#### Joke or Laugh

#### **Draw/Paint**

MINDOUT •

MINDOUT •

#### Sit it out

Go for a run

MINDOUT •

MINDOUT •

#### Go for a swim

Listen to music





# Avoid or put off something you have to do

#### Take risks

MINDOUT •

MINDOUT -

#### Sleep more

Go to bed early

MINDOUT •

MINDOUT •

#### Eat more

Complain

MINDOUT •

MINDOUT •

#### Write about it

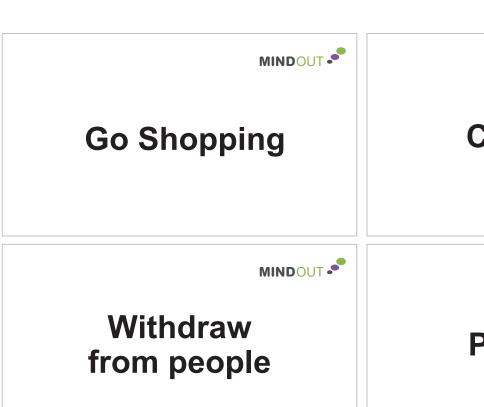
Party/ Socialise

MINDOUT •

MINDOUT •

Blame yourself

**Smoke cigarettes** 





#### Call friends

MINDOUT •

Play sport

MINDOUT •

MINDOUT •

Worry

**Drink alcohol** 

MINDOUT •

MINDOUT •

Have a shower

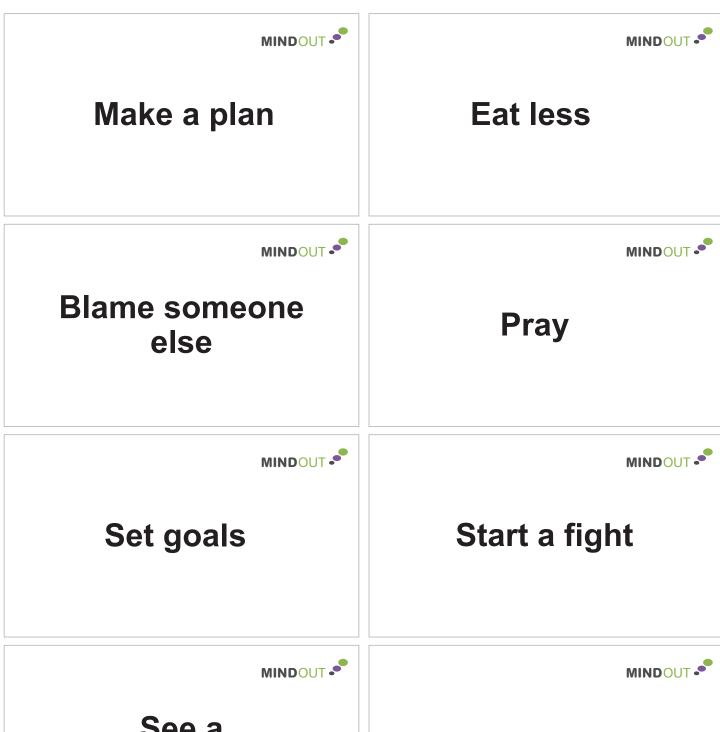
**Exercise** 

MINDOUT •

MINDOUT •

**Get sick** 

**Meditate** 



See a counsellor

Scream



Talk it over



Take the dog for a walk





### Bake/Cook something

#### Watch television

MINDOUT •

MINDOUT •

#### Colour

Volunteer

MINDOUT •

MINDOUT •

#### **Drink Coffee**

Watch a funny video

MINDOUT •

MINDOUT •

#### Do a puzzle

Get a message

MINDOUT •

MINDOUT •

**Problem solve** 

Quit





### Play with an animal

### Eat junk food



MINDOUT •

#### **Get out**

### Play computer games