

HUG SOMEONE

When my villain is in control
I can focus on my ...

CUDDLE A PET

ASK FOR HELP

TALK TO FAMILY

TRIBE

CATCH UP WITH FRIENDS

MAKE NEW FRIENDS

WRITE A LETTER

JOIN A COMMUNITY GROUP

SPEAK TO SOMEONE I TRUST

RANDOM ACT OF KINDNESS

REACH OUT TO A MENTOR



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RECOVERY

STRETCH

HAVE A NAP

BOX BREATHING

ICE BATH

JOIN A COMMUNITY GROUP

YOGA

GO FOR A SWIM

TAKE A WARM BATH

MEDITATE

NATURAL LIGHT

FACE MASK

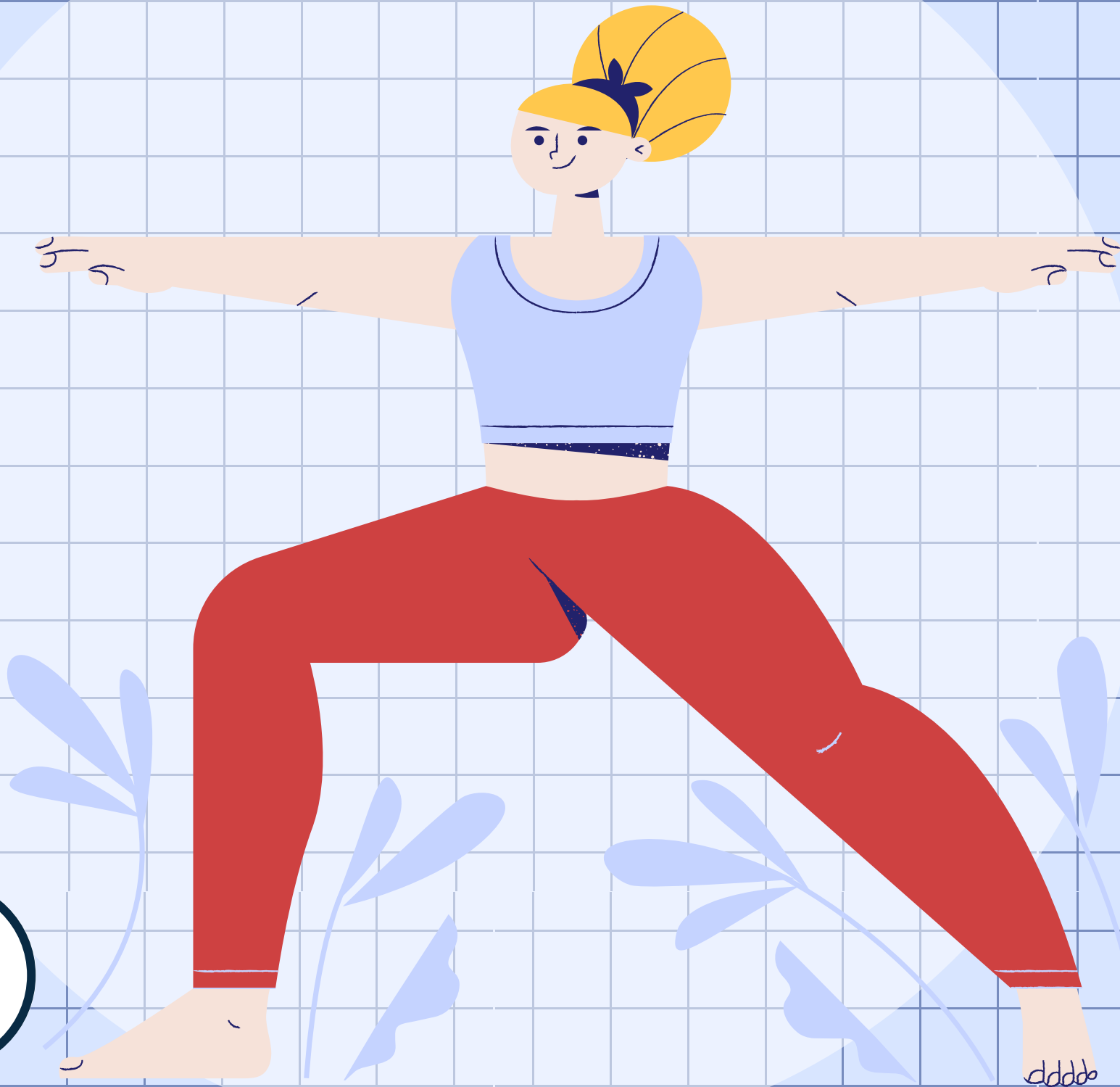
MASSAGE

WALK

SPEND TIME IN NATURE

'ME' TIME

SLEEP



When my villain is in control
I can focus on my ...
PASSIONS

PAINTING

MOVIES

CODING

MUSIC

SPORT

JOURNAL WRITING

DRAWING

GAMING

DRAMA

ANIMALS

COOKING

SINGING

STORY WRITING

DANCING



DO A PUZZLE

When my villain is in control
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MINDFULNESS

DRAW

BOX BREATHING

SIT IN NATURE

COLOURING BOOK

LISTEN TO A PODCAST

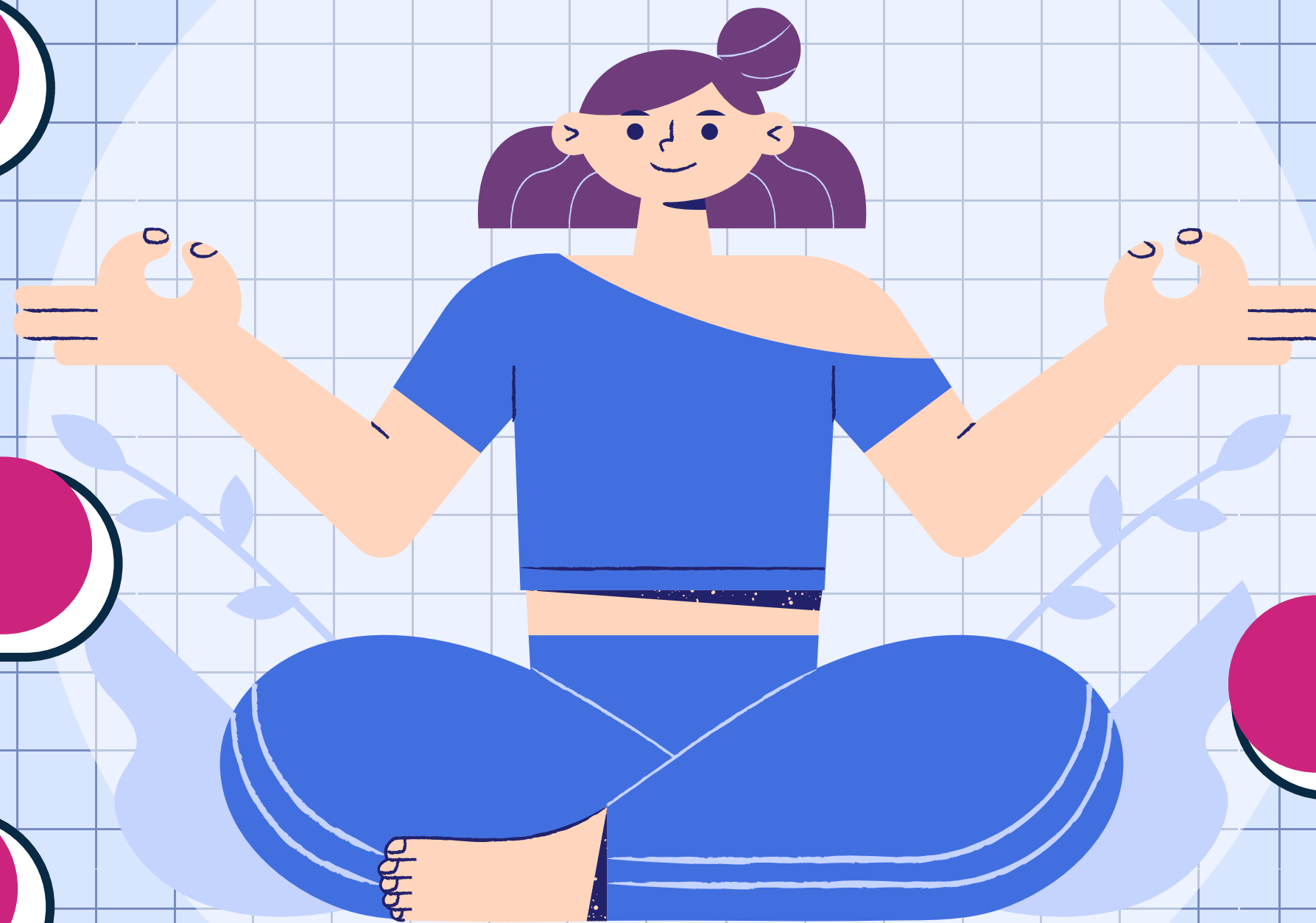
WATCH A CALMING VIDEO

BREATHE DEEPLY

GO FOR A WALK

HAVE A MUSIC PLAYLIST

PRACTISE GRATITUDE



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MINDSET

TAKE A STEP BACK

PRACTISE GRATITUDE

'I HAVE TO' VS 'I GET TO'

I CAN'T DO THIS 'YET'

SET GOALS FOR MYSELF

POSITIVE SELF-TALK

LOOK FOR THE POSITIVES

WHAT IS THIS TEACHING ME?

GET SOME VITAMIN D

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MOVEMENT

SWIM

YOGA

SURF

HIKE

WALK THE DOG

NETBALL

KICK A FOOTBALL

WALK

DANCE

RIDE A BIKE

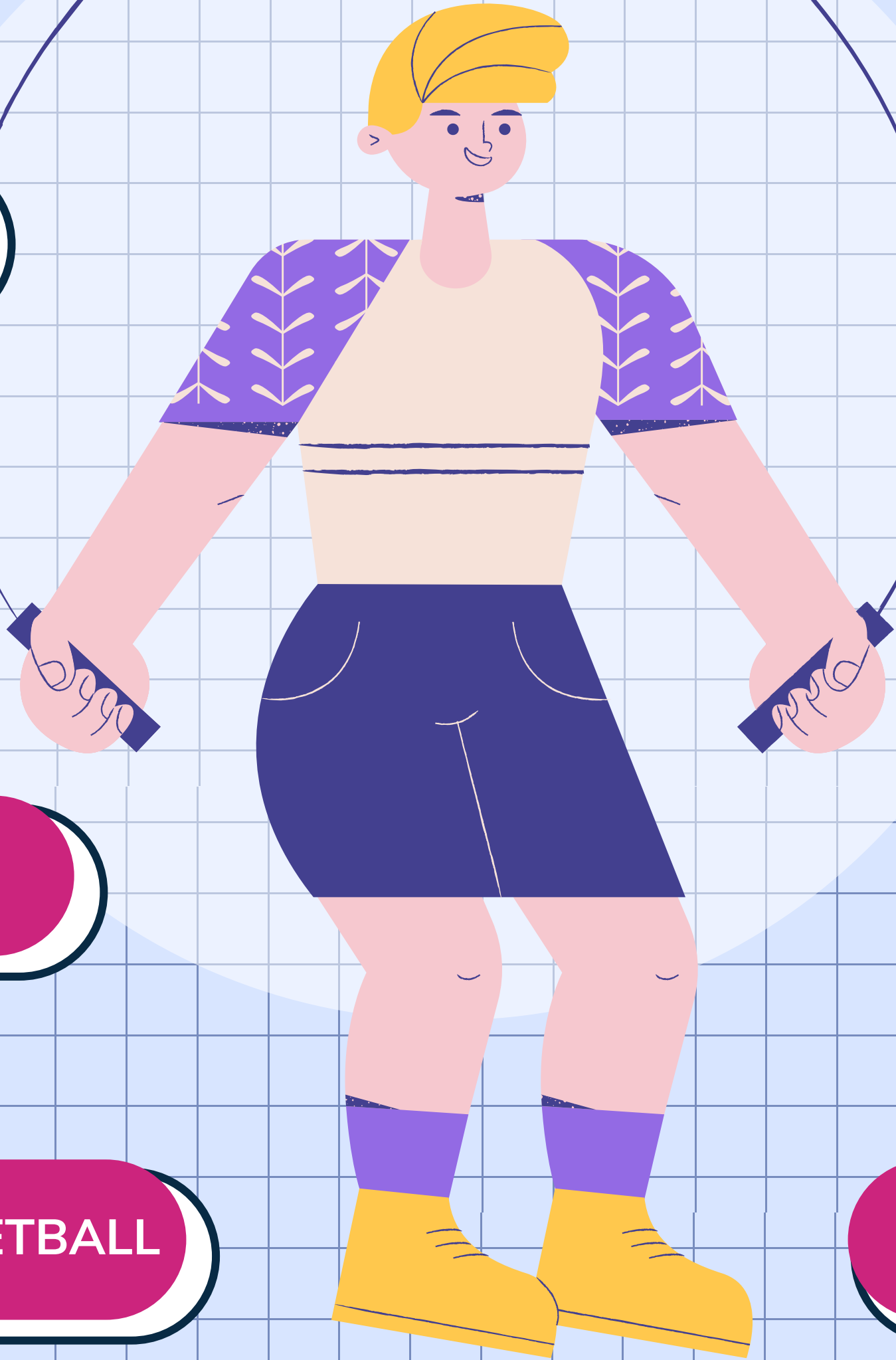
SKIP

JUMP ON A TRAMPOLINE

RUN

BASKETBALL

BOXING



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NUTRITION

DRINK MORE WATER

EAT THE RAINBOW

FIND YOUR BALANCE

EAT MORE FRUIT AND VEG

COOK A HEALTHY MEAL

EAT A HEALTHY SNACK

RESEARCH FOODS THAT
WORK FOR YOU

CREATE A NEW RECIPE

