

Tips for keeping my Mind and Spirit strong

<p>Go for a walk/run. Go see my Mob</p>	<p>Go for a swim</p> 	<p>Kick a footy around</p>
<p>Scream into a pillow</p>	<p>Have a good cry</p> 	<p>Listen to music</p> 
<p>Draw a picture</p>	<p>Paint a picture</p> 	<p>Do some scrap booking (use old photos)</p>
<p>Keep a journal to write in</p> 	<p>Do a Tik Tok video and have a sing and a dance</p>	<p>Have an ice warm bath/shower</p>
<p>Get out and about. Feel the sunshine, the wind and the rain</p>	<p>Have a laydown for 15 mintues and listen to relaxation sounds</p> 	<p>Ring a mate and have a yarn</p>
<p>Snap Chat away and let ya mates know you are ok</p>	<p>Take ya shoes off. Walk on country, feel the grass and sand</p>	<p>Sit outside in nature. Close your eyes and listen</p> 