**Activity 9**

Make a list a list of things you can do to distract yourself. If you want some ideas look at the examples below.

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Having a cool invigorating shower, having a relaxing bath with nice toiletries, phoning a friend for a chat, going out into the garden, going for a walk (without money to avoid buying food!), going for a drive, doing a crossword, meeting up with friends, window shopping, looking at Facebook, checking emails, giving yourself a manicure, organising a trip out, cleaning the house, sorting out drawers, doing a puzzle, watching a movie…

**My list:**