

### Help or Not Help Exercise

Eat

Exercise

Hide Away

Talk to Friends

See Family

Eat Properly

Smoke

Laugh

Socialise

Cry

Seek Professional Help

Bottle Things Up

Drink Alcohol

Drugs

Pray

Sleep

Positive Thinking

Stay Off School

Blame Myself

Blame Family

Grieve

Get Angry

Look Forward

Feel Pain

Play Sport

Move On

Face It Alone

Scream

Join a Group

Charity Work