

Elastic bands



The 15-minute rule



The 'M' word



Red pen

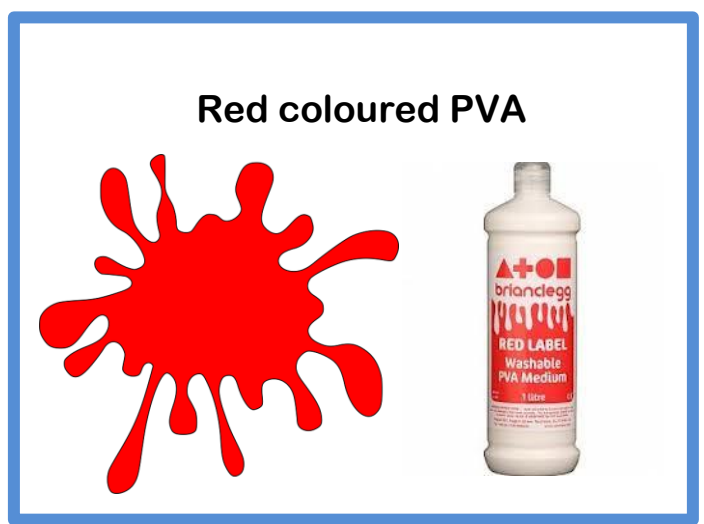
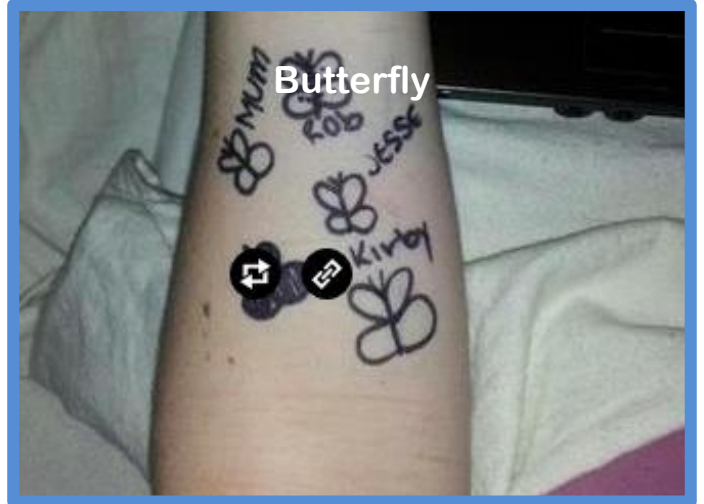


Punch a pillow



'Surfing' the urge





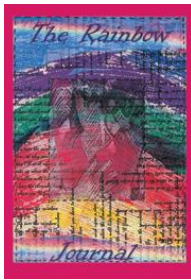
Play with pets



Music



Write in a journal



E.g. The Rainbow Journal

Online forums



*with a health warning.

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What can you remember?

