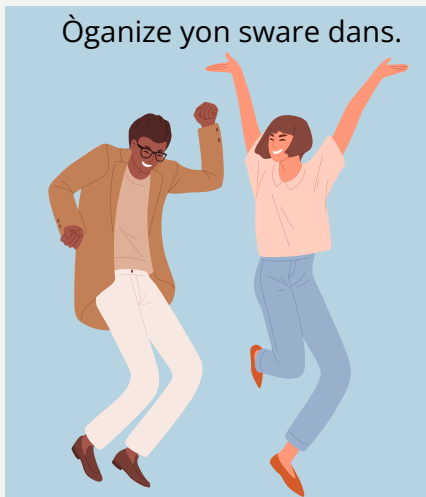


SANTE MANTAL

9 TEKNIK DISTRAKSYON KI MANDE JEFÒ MWAYEN

Òganize yon sware dans.



Aprann yon bagay nèf.



Voye yon mesaj tèks bay zanmi w oswa fanmi w.



Ranje yon bagay, tankou fichye ki sou òdinatè w la.



Benyen.



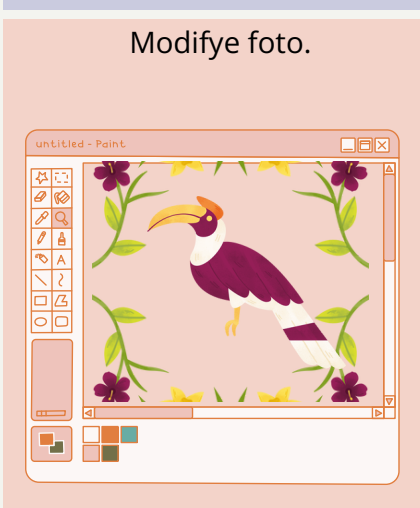
Detire oswa pratike yoga.



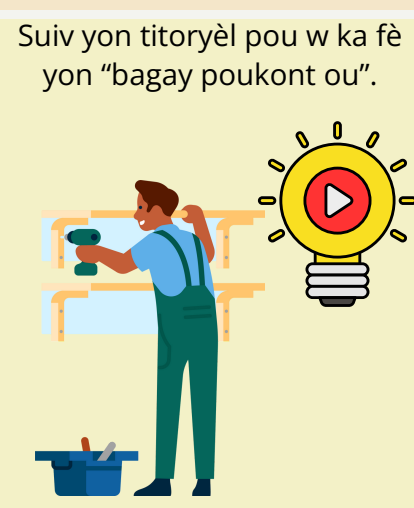
Rele yon zanmi oswa yon moun nan fanmi an ou fè konfyans.



Modifye foto.



Suiv yon titoryèl pou w ka fè yon "bagay poukont ou".



Videyo



9 opsyon distraksyon sa a soti nan blòg ki rele "Beauty after Bruises – 101 Distraction Techniques."

Pou w jwenn plis enfòmasyon sou estrateji adaptasyon pèsònèl yo, ale sou sitwèb Sant Resous nou genyen pou Timoun ki Pa Gen Moun Akonpaye yo a, ki se: ucresourcecenter.org.