

WHAT TO DO WHEN YOU WANT TO RUN AWAY



Escape with a good book. (Check out Scrivener Press for a wide selection of clean fiction novels.)



Go see a movie. Fill up on buttered popcorn and soda. You'll be too bloated to run away.



Take a walk. Depending on your stress level, you may find yourself in another county or state.



Go to a coffee shop. Pretend it's a small cafe in Paris. Dress appropriately.



Express yourself by coloring outside the lines, splattering paint on a canvas, or writing a poem.



Research a bucket list trip. Think big. Money is no object. Make a plan.



Binge watch a Netflix show. Take pleasure in clicking the button "I'm still watching." Isn't it nice they care?



Take a scenic drive. Stop along the way.



Play some upbeat tunes. Have a dance party in your living room.



Take a deep breath - several if you need to - then count your blessings.

If all else fails, run away. See where the road takes you, Then tell me all about it! You may be the subject in my next book.

