

IF YOU ARE SAD



RUN



IF YOU ARE STRESSED



MEDITATE



IF YOU ARE ANGRY



WORK OUT



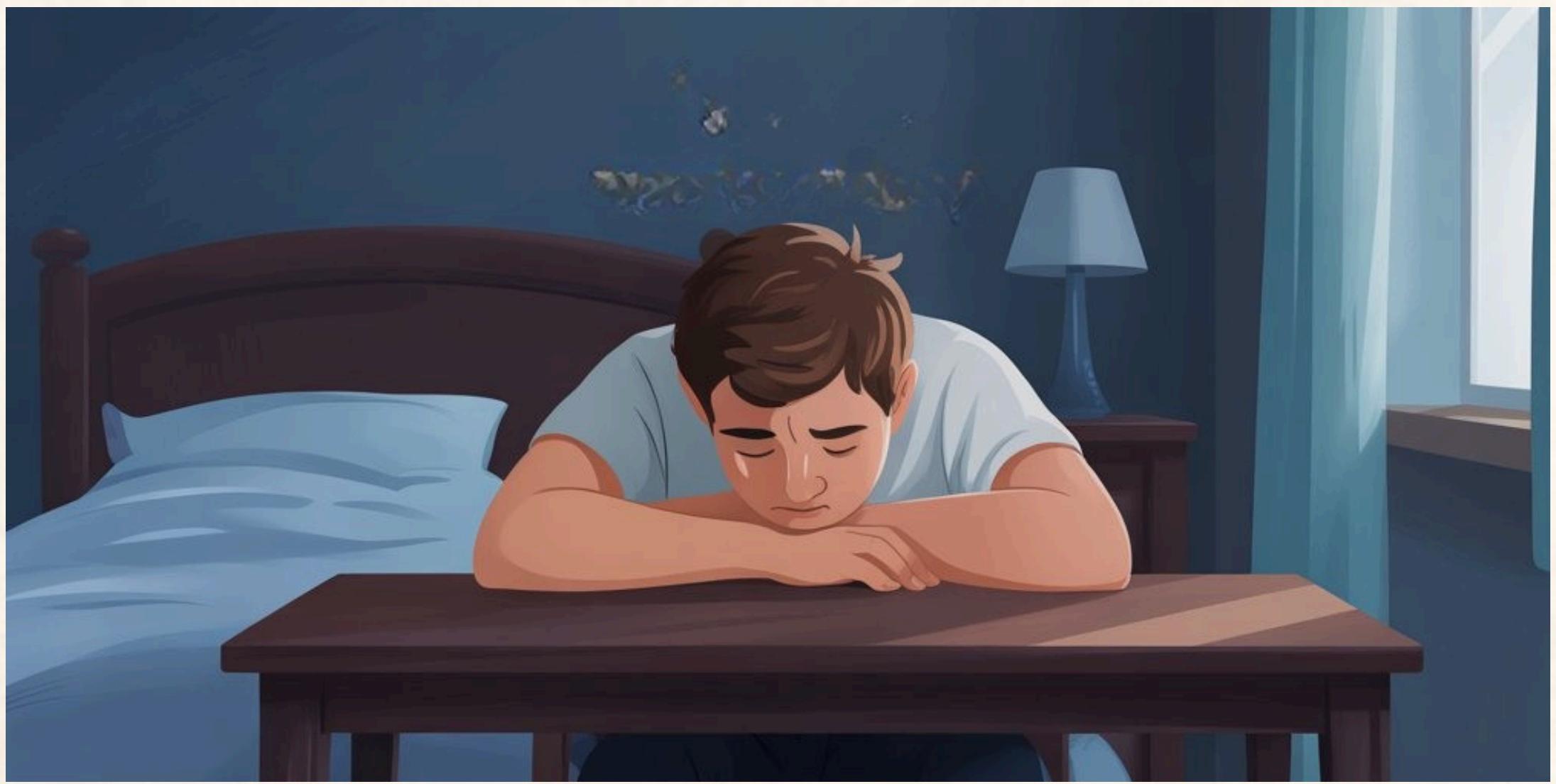
IF YOU ARE BORED



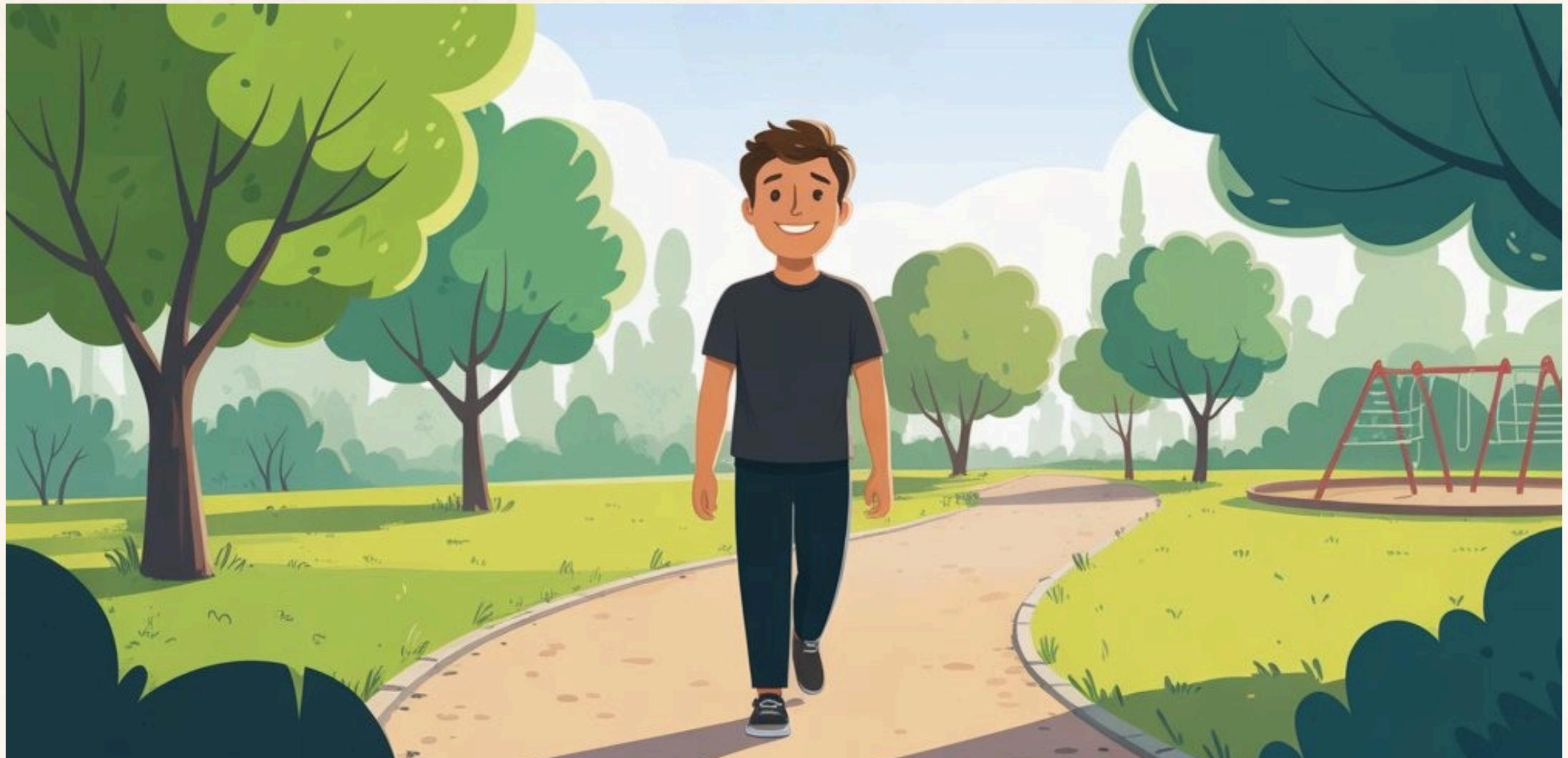
SOCIALIZE



IF YOU ARE OVERTHINKING



WALK



Repost if you like it.

Follow me for similar insights.

@Faraz Anis

