

# WYCD WHAT CAN YOU DO?



**1998:**

"Don't get in a car with strangers"

**2008:**

"Don't meet people from the internet alone."

**2018:**

UBER...  
Order yourself a stranger from the internet to get into a car with alone.





WHAT

DID

YOU

DO?



EFFECTS HUMOUR  
 LOGIC  
 OUTLOOK REASON  
 COPING INFORMATION SPAN  
 RATE POSITIVE FAMILY BOOST  
 GIVING TRAUMA ACCEPT HELP  
 ACTIVITY EXERCISE PHYSICAL LIFESTYLE BETTER FILTER WORST ALCOHOL  
 DISTRESS PERSONALTY HARDHIP GLASS DEPRESSION  
 PESSIMISM BENEFITS TRAITS HAPPY UNPOKEN  
 OTHERS MANAGEMENT ENDLESS STREAMSLACK PESSIMISTIC  
 ELIMINATE HALF-EMPTY PARENTS HALF-FULL OPTIMISM NEGATIVE REDUCE  
 WEALTH SELF-TALK CHILDREN LOVE HOBBIES ACTIVITIES  
 ROUTINE INTERESTS PASTIMES PATH CHOICES MONEY DOING  
 MOOD MINDSET COACHING ADVICE FORWARD  
 MINDFULNESS CARING CONSIDERATE FUTURE PAST TIME PASSING FRIENDS  
 RELAXATION DE-STRESS WELL-BEING CLASSES SPIRIT MIND PARENTING TIME  
 OPTIMISTIC IMPROVE BAD UP  
 TREATMENT DOWN  
 GOOD PSYCHOLOGY CALM  
 RELAX  
 POSITIVE THINKING GIVE  
 WAY RELAXED  
 DIFFICULT LIVE DEATH ILLNESS HARD TIMES YOGA PLANS  
 CHILDHOOD  
 THINKING  
 EXPERIENCES TIMES THOUGHTS  
 FUTURE COUNSELLING  
 LIFE ASSISTANCE TALKING JOY  
 SHARING STRESS WORK





WHAT

DID

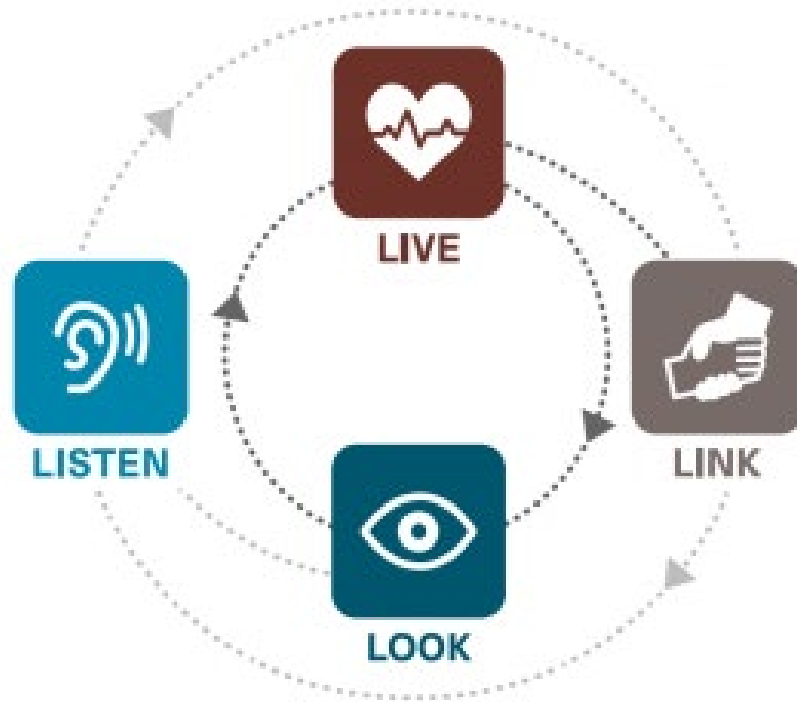
YOU

DO?











# EMERGENCY CARE WALL

for sadness



for loneliness



best friend's  
phone #

for self-doubt



list of reasons  
why you can

for anger



calming  
music

for worry



comfort  
blanket

for other



free  
hug

bear

stress  
ball

fav.  
books

CHIBIRD





# THANK YOU

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