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- A tree diagram with a brown trunk and several branches. The branches point to the following list of activities:
- DEPORTE
 - MEDITAR
 - IR A CLASE RELAJADA
 - NO ENGANCHARME (INTENTARLO)
 - DESCONECTAR EN CASA
 - FORMARME
- Below the tree, there is a handwritten note in Spanish: "Engancharme control desánimo".

ENGANCHARME
CONTROL
DESÁNIMO