In a place where people do not do מלאכה מלאכה on מלאכה, תשעה באב that is אסור אסור מלאכה that is אסור מלאכה that is אסור מלאכה should not be done (referring to the type of מלאכה that is חול המועד on חול המועד such as sewing, writing calligraphy etc.). A recurrence should in any case refrain, and a person is allowed to be נוהג a person will not see מלאכה from ברכה מלאכה מלאכה (this includes things considered "going to work").

On תורה it is תשעה באב to learn תורה except for things which can cause a person to contemplate his existence, such as אגדתא about the ספר איוב, ירמיהו הנביא etc.

אבל הגמרא, an אבל would overturn his bed and sit upon it.

Today, this is not done, as the גוים will think it is a type of כישוף.

Additionally, writes the שלחן ערוך, our beds are constructed differently.

שלשה פרקים End of מסכת תענית מסכת