

# Stress Management BINGO

|                     |                                    |                        |                     |                  |
|---------------------|------------------------------------|------------------------|---------------------|------------------|
| Talk with Friends   | Avoid<br>Caffiene/Alcohol/Nicotine | Healthy Diet           | Sing                | Play a Game      |
| Enjoy Nature        | Take a Warm Bath/Shower            | Random Act of Kindness | Do Yoga/Meditate    | Set a Goal       |
| Take a Walk         | Use a Stress Ball                  | FREE SPACE             | Draw                | Listen to Music  |
| Make a "To-Do" List | Take 10 Deep Breaths               | Paint                  | Laugh with a friend | Play a Sport     |
| Journal             | Drink Water                        | Read a Book            | Watch a Funny Movie | Good Night Sleep |

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| Use a Stress Ball   | Do<br>Yoga/Meditate | Sing              | Enjoy Nature            | Random Act of Kindness             |
| Healthy Diet        | Watch a Funny Movie | Play a Game       | Drink Water             | Set a Goal                         |
| Make a "To-Do" List | Draw                | FREE SPACE        | Listen to Music         | Avoid<br>Caffiene/Alcohol/Nicotine |
| Laugh with a friend | Read a Book         | Talk with Friends | Good Night Sleep        | Take 10 Deep Breaths               |
| Paint               | Play a Sport        | Take a Walk       | Take a Warm Bath/Shower | Journal                            |

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|-------------------|---------------------------------|------------------------|-------------------------|---------------------|
| Drink Water       | Read a Book                     | Do Yoga/Meditate       | Play a Sport            | Draw                |
| Talk with Friends | Make a "To-Do" List             | Paint                  | Take a Warm Bath/Shower | Play a Game         |
| Take a Walk       | Good Night Sleep                | FREE SPACE             | Take 10 Deep Breaths    | Laugh with a friend |
| Use a Stress Ball | Set a Goal                      | Sing                   | Watch a Funny Movie     | Healthy Diet        |
| Listen to Music   | Avoid Caffeine/Alcohol/Nicotine | Random Act of Kindness | Enjoy Nature            | Journal             |