B	I	N	G	O
USE THOUGHT CHANGING	CHECK YOUR THINKING	JUMPING JACKS!	THIS WON'T LAST FOREVER!	TAKE A NAP
GET OUT OF YOUR COMFORT ZONE	USE POSITIVE SELF-TALK	TALK TO SOMEONE ABOUT IT	COLOR A DRAWING	USE DISTRACTION
USE VISUALIZATION	DRINK SOME WATER	**FREE**	PROGRESSIVE MUSCLE RELAXATION	STOP YOUR THOUGHT BEFORE IT GROWS
USE DEEP BREATHING	TAKE A BREAK	THINK OF SOMETHING FUNNY	LIMIT CAFFEINE	TAKE A TIME OUT
EXERCISE TO LOWER CORTISOL	TRY SOMETHING DIFFERENT	I CAN DO THIS!	WATCH TV	I'LL BE OKAY

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B	I	N	G	O
USE VISUALIZATION	WATCH TV	COLOR A DRAWING	TAKE A BREAK	GET OUT OF YOUR COMFORT ZONE
THIS WON'T LAST FOREVER!	STOP YOUR THOUGHT BEFORE IT GROWS	JUMPING JACKS!	TAKE A TIME OUT	DRINK SOME WATER
PROGRESSIVE MUSCLE RELAXATION	CHECK YOUR THINKING	**FREE**	LIMIT CAFFEINE	THINK OF SOMETHING FUNNY
I'LL BE OKAY	USE THOUGHT CHANGING	I CAN DO THIS!	USE DEEP BREATHING	EXERCISE TO LOWER CORTISOL
TAKE A NAP	LISTEN TO MUSIC	USE DISTRACTION	TALK TO SOMEONE ABOUT IT	USE POSITIVE SELF-TALK

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B	I	N	G	O
USE DEEP BREATHING	LIMIT CAFFEINE	USE VISUALIZATION	I'LL BE OKAY	THIS WON'T LAST FOREVER!
TRY SOMETHING DIFFERENT	USE DISTRACTION	WATCH TV	TAKE A BREAK	DRINK SOME WATER
THINK OF SOMETHING FUNNY	COLOR A DRAWING	**FREE**	PROGRESSIVE MUSCLE RELAXATION	JUMPING JACKS!
LISTEN TO MUSIC	TAKE A NAP	EXERCISE TO LOWER CORTISOL	CHECK YOUR THINKING	USE THOUGHT CHANGING
USE POSITIVE SELF-TALK	TALK TO SOMEONE ABOUT IT	STOP YOUR THOUGHT BEFORE IT GROWS	TAKE A TIME OUT	I CAN DO THIS!

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