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

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

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

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