

B	I	N	G	O
TALK TO THERAPIST	COLOURING	GROUNDING TECHNIQUES	TAKE MY MEDICATION	PROGRESSIVE MUSCLE RELAXATION
EXERCISE	TALK TO STAFF	TAKE A "TIME OUT"	COOKING	TAKE A WALK
TALK TO FAMILY	WRITE IN A JOURNAL	ANXIETY	COUNT BACKWARDS FROM 10	PLAY WITH A PET
POSITIVE AFFIRMATIONS	TALK TO A FRIEND	PRAY OR MEDITATE	PAINTING	READ
LET YOURSELF CRY	DANCE	TAKE A SHOWER	YOGA	GO OUTSIDE

B	I	N	G	O
WRITE IN A JOURNAL	COOKING	TAKE MY MEDICATION	EXERCISE	TAKE A "TIME OUT"
GROUNDING TECHNIQUES	YOGA	PROGRESSIVE MUSCLE RELAXATION	DANCE	TAKE A WALK
POSITIVE AFFIRMATIONS	COUNT BACKWARDS FROM 10	ANXIETY	PLAY WITH A PET	COLOURING
PAINTING	TAKE A SHOWER	TALK TO THERAPIST	GO OUTSIDE	TALK TO A FRIEND
PRAY OR MEDITATE	READ	TALK TO FAMILY	TALK TO STAFF	LET YOURSELF CRY

B	I	N	G	O
DANCE	TAKE A SHOWER	COOKING	READ	COUNT BACKWARDS FROM 10
TALK TO THERAPIST	POSITIVE AFFIRMATIONS	PRAY OR MEDITATE	TALK TO STAFF	PROGRESSIVE MUSCLE RELAXATION
TALK TO FAMILY	GO OUTSIDE	ANXIETY	TALK TO A FRIEND	PAINTING
WRITE IN A JOURNAL	TAKE A WALK	TAKE MY MEDICATION	YOGA	GROUNDING TECHNIQUES
PLAY WITH A PET	COLOURING	TAKE A "TIME OUT"	EXERCIS E	LET YOURSELF CRY