

Holiday Coping Skills Bingo

Think about happy memories	Clean up my place	Grateful for 5 things	Take a shower	Reflect on past year
Give someone a kind compliment	Talk to a friend	Set your intentions for new year	Cook yourself a meal	Start a hobby or project
Take your vitamins	Try something new	Holiday Free Space	Dance	Listen to music
Muscle relaxation	Take a time out	Pray or meditate	Light a scented candle	Send a Greeting to someone
Let yourself cry	Exercise	Share a meal with someone	Use positive self-talk	Go outside and take deep breaths

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Try something new	Cook yourself a meal	Take a shower	Give someone a kind compliment	Set your intentions for new year
Grateful for 5 things	Use positive self-talk	Reflect on past year	Exercise	Start a hobby or project
Muscle relaxation	Dance	Holiday Free Space	Listen to music	Clean up my place
Light a scented candle	Share a meal with someone	Think about happy memories	Go outside and take deep breaths	Take a time out
Pray or meditate	Send a Greeting to someone	Take your vitamins	Talk to a friend	Let yourself cry

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Exercise	Share a meal with someone	Cook yourself a meal	Send a Greeting to someone	Dance
Think about happy memories	Muscle relaxation	Pray or meditate	Talk to a friend	Reflect on past year
Take your vitamins	Go outside and take deep breaths	Holiday Free Space	Take a time out	Light a scented candle
Try something new	Start a hobby or project	Take a shower	Use positive self-talk	Grateful for 5 things
Listen to music	Clean up my place	Set your intentions for new year	Give someone a kind compliment	Let yourself cry