

B	I	N	G	O
Take long bath or shower	Count backwards from 100	Fake food	Rip up paper	Journal feelings
Draw paint or color	Sprint or go for a run	Organize random bins	Crochet	Play with pet
Skin care routine	Talk to trusted friend abt wanting to relapse	FREE	Do jumping jacks	Go watch yt
Hit a pillow/cushion or other soft object	Rub ice cubes across the skin	Join a support group	Go outside and read	Listen to music
Go for a walk	Doodle	Origami	Visit with a friend	Draw on the skin with a red felt-tipped pen

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