B	I	N	G	O
Use a budget book/planner	Aromatherapy	Get 7-9 hours of sleep	Stretch	Say positive things about yourself daily
Do puzzles	Think about happy memories	Sing	Breathing Retraining	Talk to staff about needs & concerns
Write in a journal	Cooking	**FREE**	Listen to music	Pray
Talk to a friend/family 2-3x a week	Read	Stress Ball	Grounding Techniques	Self Care
Dance	Take a walk	Drink water daily	Yoga	Exercise

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B	I	N	G	O
Write in a journal	Yoga	Breathing Retraining	Read	Do puzzles
Stretch	Pray	Get 7-9 hours of sleep	Self Care	Cooking
Listen to music	Aromatherapy	**FREE**	Grounding Techniques	Stress Ball
Exercise	Use a budget book/planner	Drink water daily	Talk to a friend/family 2-3x a week	Dance
Say positive things about yourself daily	Have fruits and vegetables daily	Talk to staff about needs & concerns	Sing	Think about happy memories

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B	I	N	G	O
Talk to a friend/family 2-3x a week	Grounding Techniques	Write in a journal	Exercise	Stretch
Take a walk	Talk to staff about needs & concerns	Yoga	Read	Cooking
Stress Ball	Breathing Retraining	**FREE**	Listen to music	Get 7-9 hours of sleep
Have fruits and vegetables daily	Say positive things about yourself daily	Dance	Aromatherapy	Use a budget book/planner
Think about happy memories	Sing	Pray	Self Care	Drink water daily

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