

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

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Write in a journal	Yoga	Breathing Retraining	Read	Do puzzles
Stretch	Pray	Forgive ones who have wronged you	Self Care	Cooking
Listen to music	Aromatherapy	FREE	Get 7-9 hours of sleep	Stress Ball
Exercise	Use a budget book/planner	Drink water daily	Take up a new hobby	Dance
Say positive things about yourself daily	Have fruits and vegetables daily	Talk to a friend/family 2-3x a week	Sing	Talk to staff about needs & concerns

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Take up a new hobby	Get 7-9 hours of sleep	Write in a journal	Exercise	Stretch
Take a walk	Talk to a friend/family 2-3x a week	Yoga	Read	Cooking
Stress Ball	Breathing Retraining	FREE	Listen to music	Forgive ones who have wronged you
Have fruits and vegetables daily	Say positive things about yourself daily	Dance	Aromatherapy	Use a budget book/planner
Talk to staff about needs & concerns	Sing	Pray	Self Care	Drink water daily