

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

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

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