

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

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

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