

# Coping Skills Bingo

|                   |                            |                     |                        |                          |
|-------------------|----------------------------|---------------------|------------------------|--------------------------|
| Try something new | Alcohol Beverages          | Keep it to yourself | Take a shower          | Punch a punching bag     |
| Exercise          | Think about happy memories | Smoke marihuana     | Avoid the situation    | Start a hobby or project |
| Talk to a friend  | Use a stress ball          | <b>FREE</b>         | Cooking                | Muscle relaxation        |
| Play with a pet   | Take a time out            | Pray or meditate    | Listen to music        | Read                     |
| Let yourself cry  | Dance                      | Smoke tobacco       | Use positive self-talk | Go outside               |

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| Muscle relaxation | Alcohol Beverages        | Smoke marihuana     | Exercise                   | Let yourself cry     |