Coping Skills Bingo

Try something new	Alcohol Beverages	Keep it to yourself	Start a hobby or project	Punch a punching bag
Emotional disengagement	Think about happy memories	Smoke marihuana	Avoid the situation	Talk to a friend
Use a stress ball	Cooking	**FREE**	Muscle relaxation	Play with a pet
Take a time out	Pray or meditate	Smoke tobacco	Let yourself cry	Read
Dance	Take a shower	Exercise	Use positive self-talk	Get high with some drug

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Coping Skills Bingo

Use a stress ball	Use positive self-talk	Avoid the situation	Pray or meditate	Emotional disengagement
Start a hobby or project	Play with a pet	Keep it to yourself	Read	Cooking
Muscle relaxation	Alcohol Beverages	**FREE**	Let yourself cry	Smoke tobacco
Get high with some drug	Try something new	Exercise	Take a time out	Dance
Punch a punching bag	Listen to music	Talk to a friend	Smoke marihuana	Think about happy memories

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Coping Skills Bingo

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

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