B	I	N	G	O
laugh	Avoid alcohol and drugs	Do yoga	Watch your favourite tv show or movie	Meditate
Declutter a space in your home	drink plenty of water	Spend some time alone	Call someone you love	Take a word break
do a detox	listen to music	**FREE**	Compliment yourself	Get a good nights sleep
Go outside	Write in gratitude journal	Master a new skill	Exercise	Practice a hobby
Eat a healthy meal	Connect with a friend	Take a walk	read a book	Do some deep breathing

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B	I	N	G	O
listen to music	Call someone you love	Watch your favourite tv show or movie	Declutter a space in your home	Spend some time alone
Do yoga	read a book	Meditate	Connect with a friend	Take a word break
Go outside	Compliment yourself	**FREE**	Get a good nights sleep	Avoid alcohol and drugs
Exercise	Take a walk	laugh	Do some deep breathing	Write in gratitude journal
Master a new skill	Practice a hobby	do a detox	drink plenty of water	Eat a healthy meal

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B	I	N	G	O
Connect with a friend	Take a walk	Call someone you love	Practice a hobby	Compliment yourself
laugh	Go outside	Master a new skill	drink plenty of water	Meditate
do a detox	Do some deep breathing	**FREE**	Write in gratitude journal	Exercise
listen to music	Take a word break	Watch your favourite tv show or movie	read a book	Do yoga
Get a good nights sleep	Avoid alcohol and drugs	Spend some time alone	Declutter a space in your home	Eat a healthy meal

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