

B	I	N	G	O
laugh	Bulimia	Exercise	Watch your favourite tv show or movie	Personality Disorder
Eat a healthy meal	drink plenty of water	Self Esteem	Connect with a friend	Take a walk
do a detox	listen to music	FREE	Declutter a space in your home	Grief
Identity	Write in gratitude journal	Meditate	Go outside	Phobia
Fight or Flight Response	Do yoga	Stressor	read a book	Emotions

B	I	N	G	O
listen to music	Connect with a friend	Watch your favourite tv show or movie	Eat a healthy meal	Self Esteem
Exercise	read a book	Personality Disorder	Do yoga	Take a walk
Identity	Declutter a space in your home	FREE	Grief	Bulimia
Go outside	Stressor	laugh	Emotions	Write in gratitude journal
Meditate	Phobia	do a detox	drink plenty of water	Fight or Flight Response

B	I	N	G	O
Do yoga	Stressor	Connect with a friend	Phobia	Declutter a space in your home
laugh	Identity	Meditate	drink plenty of water	Personality Disorder
do a detox	Emotions	FREE	Write in gratitude journal	Go outside
listen to music	Take a walk	Watch your favourite tv show or movie	read a book	Exercise
Grief	Bulimia	Self Esteem	Eat a healthy meal	Fight or Flight Response