

|                                     |                         |                                |                          |                            |
|-------------------------------------|-------------------------|--------------------------------|--------------------------|----------------------------|
| <b>B</b>                            | <b>I</b>                | <b>N</b>                       | <b>G</b>                 | <b>O</b>                   |
| Use<br>Positive<br>Self Talk        | Arts and<br>Crafts      | Let<br>Yourself<br>Cry         | Take a<br>Time<br>Out    | Punch a<br>Punching<br>Bag |
| Exercise                            | Try<br>Something<br>New | Sew or<br>Crochet              | Cooking                  | Take a<br>Shower           |
| Think<br>About<br>Happy<br>Memories | Use a<br>Stress<br>Ball | <b>FREE</b>                    | Dance                    | Play<br>Cards              |
| Play<br>with a<br>Pet               | Talk to A<br>Friend     | Pray or<br>Meditate            | Muscle<br>Relaxation     | Read                       |
| Listen to<br>Music                  | Deep<br>Breathing       | Start a<br>Hobby or<br>Project | Write in<br>a<br>Journal | Go<br>Outside              |

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|-------------------|--------------------------|----------------------------|-------------------|------------------|
| <b>B</b>          | <b>I</b>                 | <b>N</b>                   | <b>G</b>          | <b>O</b>         |
| Use a Stress Ball | Cooking                  | Take a Time Out            | Exercise          | Sew or Crochet   |
| Let Yourself Cry  | Write in a Journal       | Punch a Punching Bag       | Deep Breathing    | Take a Shower    |
| Play with a Pet   | Dance                    | <b>FREE</b>                | Play Cards        | Arts and Crafts  |
| Muscle Relaxation | Start a Hobby or Project | Use Positive Self Talk     | Go Outside        | Talk to A Friend |
| Pray or Meditate  | Read                     | Think About Happy Memories | Try Something New | Listen to Music  |

|                            |                          |                  |                    |                      |
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| <b>B</b>                   | <b>I</b>                 | <b>N</b>         | <b>G</b>           | <b>O</b>             |
| Deep Breathing             | Start a Hobby or Project | Cooking          | Read               | Dance                |
| Use Positive Self Talk     | Play with a Pet          | Pray or Meditate | Try Something New  | Punch a Punching Bag |
| Think About Happy Memories | Go Outside               | <b>FREE</b>      | Talk to A Friend   | Muscle Relaxation    |
| Use a Stress Ball          | Take a Shower            | Take a Time Out  | Write in a Journal | Let Yourself Cry     |
| Play Cards                 | Arts and Crafts          | Sew or Crochet   | Exercise           | Listen to Music      |