

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Let yourself cry	Take a time out	Read
Essential Oils	Use a stress ball	Start a hobby or project	Cooking	Try something new
Vent to staff politely	Dance	Play cards	Play with a pet	Think about happy memories
Pray or meditate	Take a shower	Listen to music	Sew or crochet	Deep breathing
Talk to a friend	Exercise	Write in a journal	Go outside	Muscle relaxation

Coping Skills Bingo

Vent to staff politely	Dance	Try something new	Cooking	Deep breathing
Go outside	Think about happy memories	Play cards	Read	Take a shower
Essential Oils	Let yourself cry	Start a hobby or project	Sew or crochet	Use positive self-talk
Pray or meditate	Exercise	Use a stress ball	Listen to music	Take a time out
Talk to a friend	Write in a journal	Muscle relaxation	Arts and Crafts	Play with a pet

Coping Skills Bingo

Think about happy memories	Sew or crochet	Exercise	Go outside	Listen to music
Deep breathing	Muscle relaxation	Essential Oils	Play cards	Use positive self-talk
Pray or meditate	Talk to a friend	Start a hobby or project	Dance	Use a stress ball
Vent to staff politely	Take a shower	Write in a journal	Cooking	Arts and Crafts
Play with a pet	Try something new	Take a time out	Let yourself cry	Read