

B	I	N	G	O
Use a stress ball	Arts and Crafts	Let yourself cry	Take a time out	Punch a punching bag
Exercise	Try something new	Sew or crochet	Cooking	Take a shower
Think about happy memories	Use positive self-talk	FREE	Dance	Play cards
Play with a pet	Talk to a friend	Pray or meditate	Muscle relaxation	Read
Listen to music	Deep breathing	Start a hobby or project	Write in a journal.	Go outside

B	I	N	G	O
Use positive self-talk	Cooking	Take a time out	Excerise	Sew or crochet
Let yourself cry	Write in a journal.	Punch a punching bag	Deep breathing	Take a shower
Play with a pet	Dance	FREE	Play cards	Arts and Crafts
Muscle relaxation	Start a hobby or project	Use a stress ball	Go outside	Talk to a friend
Pray or meditate	Read	Think about happy memories	Try something new	Listen to music

B	I	N	G	O
Deep breathing	Start a hobby or project	Cooking	Read	Dance
Use a stress ball	Play with a pet	Pray or meditate	Try something new	Punch a punching bag
Think about happy memories	Go outside	FREE	Talk to a friend	Muscle relaxation
Use positive self-talk	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