

B	I	N	G	O
Watch your favorite TV show	Breathing Retraining	Exercise	Take a walk	Sing
Do something that makes you happy	Think about happy memories	Stress Ball	Cooking	Take a time out
Talk to staff	Write in a journal	FREE	Count to 10	Pray Salah
Read	Talk to a friend	Say positive things about yourself	Paint	Sleep
Make dua	Dance	Take a bubble bath	Yoga	Drawing

B	I	N	G	O
Write in a journal	Cooking	Take a walk	Do something that makes you happy	Stress Ball
Exercise	Yoga	Sing	Dance	Take a time out
Read	Count to 10	FREE	Pray Salah	Breathing Retraining
Paint	Take a bubble bath	Watch your favorite TV show	Drawing	Talk to a friend
Say positive things about yourself	Sleep	Talk to staff	Think about happy memories	Make dua

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Dance	Take a bubble bath	Cooking	Sleep	Count to 10
Watch your favorite TV show	Read	Say positive things about yourself	Think about happy memories	Sing
Talk to staff	Drawing	FREE	Talk to a friend	Paint
Write in a journal	Take a time out	Take a walk	Yoga	Exercise
Pray Salah	Breathing Retraining	Stress Ball	Do something that makes you happy	Make dua