B	I	N	G	O
talk with friends	Avoid caffeine/Alcohol/nicotine	enjoy nature	read a book	listen to music
drink water	take a warm shower/bath	play a game	Draw	random acts of kindness
take a walk	use a stress ball	**FREE**	Paint	journal
laugh with a friend	set a goal	laugh with friends	healthy diet	make a TO-DO list
good night sleep	Sing	play a sport	yoga/meditate	drink water

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B	I	N	G	O
use a stress ball	Draw	read a book	drink water	play a game
enjoy nature	yoga/meditate	listen to music	Sing	random acts of kindness
laugh with a friend	Paint	**FREE**	journal	Avoid caffeine/Alcohol/nicotine
healthy diet	play a sport	talk with friends	drink water	set a goal
laugh with friends	make a TO-DO list	take a walk	take a warm shower/bath	good night sleep

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B	I	N	G	O
Sing	play a sport	Draw	make a TO-DO list	Paint
talk with friends	laugh with a friend	laugh with friends	take a warm shower/bath	listen to music
take a walk	drink water	**FREE**	set a goal	healthy diet
use a stress ball	random acts of kindness	read a book	yoga/meditate	enjoy nature
journal	Avoid caffeine/Alcohol/nicotine	play a game	drink water	good night sleep

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