

B	I	N	G	O
Take a Vacation	Bake	Journal	Spa Day	Read a Book
Exercise	Take Up a New Hobby	Sing	Deep Breathing	Smile
Stress Ball	Watch a Movie	FREE	Drink Enough Water	Make Time to Unwind
Meditate	Spend Time with Friends & Family	Positive Thinking	Listen to Music	Read a Book
Learn to Say No If Needed	Enjoy Nature	Sleep 7 to 8 Hours	Yoga	Healthy Diet

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Meditate	Drink Enough Water	FREE	Make Time to Unwind	Bake
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Watch a Movie	Smile	Spa Day	Yoga	Journal
Make Time to Unwind	Bake	Sing	Exercise	Learn to Say No If Needed