

B	I	N	G	O
THINK OF SOMETHING FUNNY	"I AM SAFE"	COLOR/DRAW/PAINT SOMETHING	PROGRESSIVE MUSCLE RELAXATION	IDENTIFY COGNITIVE DISTORTIONS
ACCUMULATE POSITIVE EMOTIONS	TAKE A WALK/JOG	INTENSE EXERCISE	"I CAN DO THIS"	PACED BREATHING
SAY AFFIRMATIONS ALOUD TO YOURSELF	TIP YOUR FACE INTO COLD WATER	"I AM LOVED"	"I'LL BE OKAY"	FIND A FRAGRANCE YOU LIKE AND SMELL IT
FIND A TRUSTED PERSON TO TALK TO	RADICAL ACCEPTANCE	FOCUS ON WHAT YOU CAN CONTROL	ENJOY SOME OF YOUR FAVORITE FOODS	IMAGINE A BEAUTIFUL NATURE SCENE
COPE AHEAD OF TIME	"THIS WON'T LAST FOREVER!"	LISTEN TO MUSIC YOU ENJOY	USE A STRESS BALL	BUILD MASTERY

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ENJOY SOME OF YOUR FAVORITE FOODS	LISTEN TO MUSIC YOU ENJOY	THINK OF SOMETHING FUNNY	BUILD MASTERY	RADICAL ACCEPTANCE
FOCUS ON WHAT YOU CAN CONTROL	IMAGINE A BEAUTIFUL NATURE SCENE	SAY AFFIRMATIONS ALOUD TO YOURSELF	TAKE A WALK/JOG	COPE AHEAD OF TIME

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