B	I	N	G	O
Talking to Someone	Adequate Rest/Sleep	Eating Healthy	Positive Thinking	Listening
Dealing with Stress	Spending Time with Loved ones	Meditation	Avoid Alcohol	Pilates
Social Interaction	Therapy	**FREE**	Avoid Drugs	Gratitude Journaling
Identifying your Strengths	Singing	Laughter	Good Support System	Make Time for Yourself
Go for a Walk	Belief in Yourself	Physical Activity	Volunteering	Doing Something you Enjoy

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B	I	N	G	O
Therapy	Avoid Alcohol	Positive Thinking	Dealing with Stress	Meditation
Eating Healthy	Volunteering	Listening	Belief in Yourself	Pilates
Identifying your Strengths	Avoid Drugs	**FREE**	Gratitude Journaling	Adequate Rest/Sleep
Good Support System	Physical Activity	Talking to Someone	Doing Something you Enjoy	Singing
Laughter	Make Time for Yourself	Social Interaction	Spending Time with Loved ones	Go for a Walk

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B	I	N	G	O
Belief in Yourself	Physical Activity	Avoid Alcohol	Make Time for Yourself	Avoid Drugs
Talking to Someone	Identifying your Strengths	Laughter	Spending Time with Loved ones	Listening
Social Interaction	Doing Something you Enjoy	**FREE**	Singing	Good Support System
Therapy	Pilates	Positive Thinking	Volunteering	Eating Healthy
Gratitude Journaling	Adequate Rest/Sleep	Meditation	Dealing with Stress	Go for a Walk

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