

B	I	N	G	O
Use a stress ball	Arts and Crafts	Let yourself cry	Take a shower	Punch a punching bag
Exercise	Try something new	Sew or crochet	Cooking	Think about happy memories
Use positive self-talk	Dance	FREE	Play cards	Play with a pet
Talk to a friend	Pray or meditate	Start a hobby or project	Listen to music	Read
Deep breathing	Take a time out	Go outside	Write in a journal	I AM IMPORTANT ALWAYS

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Use positive self-talk	Write in a journal	Cooking	Pray or meditate	Exercise
Take a shower	Play with a pet	Let yourself cry	Read	Dance
Play cards	Arts and Crafts	FREE	Listen to music	Start a hobby or project
I AM IMPORTANT ALWAYS	Use a stress ball	Go outside	Talk to a friend	Deep breathing
Punch a punching bag	Muscle relaxation	Think about happy memories	Sew or crochet	Try something new

B	I	N	G	O
Talk to a friend	Listen to music	Use positive self-talk	I AM IMPORTANT ALWAYS	Take a shower
Take a time out	Think about happy memories	Write in a journal	Pray or meditate	Dance
Start a hobby or project	Cooking	FREE	Play cards	Let yourself cry
Muscle relaxation	Punch a punching bag	Deep breathing	Arts and Crafts	Use a stress ball
Try something new	Sew or crochet	Play with a pet	Read	Go outside