

|                 |                              |                      |                         |                          |
|-----------------|------------------------------|----------------------|-------------------------|--------------------------|
| <b>B</b>        | <b>I</b>                     | <b>N</b>             | <b>G</b>                | <b>O</b>                 |
| try a new hobby | artistic expression          | going for a walk     | self help meetings      | problem solving skills   |
| exercise        | think about someone you love | reading              | cleaning your own space | self care                |
| take a break    | visual your happy place      | <b>FREE</b>          | dance                   | meditation               |
| mindfulness     | social support               | practicing gratitude | listening to music      | read inspirational quote |
| journaling      | deep breathing               | self affirmations    | watching tv/movie       | express emotions         |

|                                  |                                |                              |                                       |                        |
|----------------------------------|--------------------------------|------------------------------|---------------------------------------|------------------------|
| <b>B</b>                         | <b>I</b>                       | <b>N</b>                     | <b>G</b>                              | <b>O</b>               |
| visual<br>your<br>happy<br>place | cleaning<br>your own<br>space  | self help<br>meetings        | exercise                              | reading                |
| going for<br>a walk              | watching<br>tv/movie           | problem<br>solving<br>skills | deep<br>breathing                     | self care              |
| mindfulness                      | dance                          | <b>FREE</b>                  | meditation                            | artistic<br>expression |
| listening<br>to music            | self<br>affirmations           | try a<br>new<br>hobby        | express<br>emotions                   | social<br>support      |
| practicing<br>gratitude          | read<br>inspirational<br>quote | take a<br>break              | think<br>about<br>someone<br>you love | journaling             |

|                         |                     |                         |                              |                        |
|-------------------------|---------------------|-------------------------|------------------------------|------------------------|
| <b>B</b>                | <b>I</b>            | <b>N</b>                | <b>G</b>                     | <b>O</b>               |
| deep breathing          | self affirmations   | cleaning your own space | read inspirational quote     | dance                  |
| try a new hobby         | mindfulness         | practicing gratitude    | think about someone you love | problem solving skills |
| take a break            | express emotions    | <b>FREE</b>             | social support               | listening to music     |
| visual your happy place | self care           | self help meetings      | watching tv/movie            | going for a walk       |
| meditation              | artistic expression | reading                 | exercise                     | journaling             |