

B	I	N	G	O
Write in a journal	Arts and crafts	List the things you are grateful for	Take a shower/bath	Reach out to supports
Exercise	Watch a movie	Seek professional help	Do a breathing exercise	Use problem solving
count to 20 then backwards	Drink tea	FREE	Picture your "happy place"	Play a game
Use a relaxation app	Practice relaxation techniques (ex. deep breathing)	Squeeze a stress ball	Listen to music	Read a book
Engage in a hobby	Take a walk	Give yourself a pep talk	techniques	Go outside (fresh air)

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count to 20 then backwards	techniques	Do a breathing exercise	Practice relaxation techniques (ex. deep breathing)	Exercise
Take a shower/bath	Play a game	List the things you are grateful for	Read a book	Drink tea
Picture your "happy place"	Arts and crafts	FREE	Listen to music	Squeeze a stress ball
Go outside (fresh air)	Write in a journal	Give yourself a pep talk	Use a relaxation app	Engage in a hobby
Reach out to supports	Look at pictures that bring you joy	Use problem solving	Seek professional help	Watch a movie

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Use a relaxation app	Listen to music	count to 20 then backwards	Go outside (fresh air)	Take a shower/bath
Take a walk	Use problem solving	techniques	Practice relaxation techniques (ex. deep breathing)	Drink tea
Squeeze a stress ball	Do a breathing exercise	FREE	Picture your "happy place"	List the things you are grateful for
Look at pictures that bring you joy	Reach out to supports	Engage in a hobby	Arts and crafts	Write in a journal
Watch a movie	Seek professional help	Play a game	Read a book	Give yourself a pep talk