

B	I	N	G	O
Stretch or do yoga	Attend a support group (AA/NA/SMART etc.)	Eat a healthy meal or snack	Prayer or spiritual reflection	Meditate for a few minutes
Create art - drawing painting crafts	Spend time with pets or animals	Plan a sober activity with others	Avoid known triggers	Practice positive affirmations
Ride a bike	Take a walk	FREE	Call a sober support person	Journal thoughts feelings or goals
Listen to calming or uplifting music	Read something inspiring or educational	Make a gratitude list	Go outside for fresh air and sunshine	Meet with a therapist or counselor
Get consistent sleep (same bedtime/wake time)	Cook yourself a nutritious meal	Practice deep breathing exercises	Watch a funny or comforting show	Drink water throughout the day

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