

B	I	N	G	O
Support System	Avoid Substances	Enjoy Nature	Share your tip!	Medications
Deep Breathing	Study for Fun	Mindfulness	Budget Money	Positive Self-Talk
Socialize	Therapy	FREE	Call a friend	Hydrate
Journal	Sleep Hygiene	Laughter	Hobbies	Meditation
Exercise	Care for others	Name your Strength	Volunteer	Eat Healthy Meals

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Therapy	Budget Money	Share your tip!	Deep Breathing	Mindfulness
Enjoy Nature	Volunteer	Medications	Care for others	Positive Self-Talk
Journal	Call a friend	FREE	Hydrate	Avoid Substances
Hobbies	Name your Strength	Support System	Eat Healthy Meals	Sleep Hygiene
Laughter	Meditation	Socialize	Study for Fun	Exercise

B	I	N	G	O
Care for others	Name your Strength	Budget Money	Meditation	Call a friend
Support System	Journal	Laughter	Study for Fun	Medications
Socialize	Eat Healthy Meals	FREE	Sleep Hygiene	Hobbies
Therapy	Positive Self-Talk	Share your tip!	Volunteer	Enjoy Nature
Hydrate	Avoid Substances	Mindfulness	Deep Breathing	Exercise