B	I	N	G	O
TAKE TIMEOUT	BELIEVE IN YOURSELF	EXERCISE	SOCIAL INTERACTION	MEDITATE
DRINK WATER	TAKE A WALK	SELF CARE	BREATHE	SMILE AT SOMEONE
STRETCH	TALK TO SOMEONE	**FREE**	CREATE	IDENTIFY YOUR STRENGTHS
LAUGH	SPEND TIME IN NATURE	LISTEN	HAVE YOUR FAVOURITE TREAT	SAY THANK YOU
GET ENOUGH REST	DANCE TO YOUR FAVOURITE SONG	SING	VOLUNTEER	EAT HEALTHY

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B	I	N	G	O
TALK TO SOMEONE	BREATHE	SOCIAL INTERACTION	DRINK WATER	SELF CARE
EXERCISE	VOLUNTEER	MEDITATE	DANCE TO YOUR FAVOURITE SONG	SMILE AT SOMEONE
LAUGH	CREATE	**FREE**	IDENTIFY YOUR STRENGTHS	BELIEVE IN YOURSELF
HAVE YOUR FAVOURITE TREAT	SING	TAKE TIMEOUT	EAT HEALTHY	SPEND TIME IN NATURE
LISTEN	SAY THANK YOU	STRETCH	TAKE A WALK	GET ENOUGH REST

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B	I	N	G	O
DANCE TO YOUR FAVOURITE SONG	SING	BREATHE	SAY THANK YOU	CREATE
TAKE TIMEOUT	LAUGH	LISTEN	TAKE A WALK	MEDITATE
STRETCH	EAT HEALTHY	**FREE**	SPEND TIME IN NATURE	HAVE YOUR FAVOURITE TREAT
TALK TO SOMEONE	SMILE AT SOMEONE	SOCIAL INTERACTION	VOLUNTEER	EXERCISE
IDENTIFY YOUR STRENGTHS	BELIEVE IN YOURSELF	SELF CARE	DRINK WATER	GET ENOUGH REST

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