STRESSORS

start a new hobby	Cooking	Arts and Crafts	Listen to music	Write in a journal
Talk to a friend	Go outside	play with pets	Visit your family	Count to 10
Watch a movie	paint your nails	**FREE**	take a walk	Dance
Think about loved ones	Take a shower/bath	play a game	Take a time out	go to the thrift store
Take a walk	Watch TV	Read	Play cards	Think about happy memories

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

STRESSORS

Take a time out	Painting	Dance	Deep breathing	Think about loved ones
Talk to staff	Talk to a friend	Count to 10	play a game	Write in a journal
Sewing	Take a shower/bath	**FREE**	play with pets	take a walk
Cooking	Think about happy memories	Go outside	Watch TV	visit garage sales
exercise	Watch a movie	Visit your family	go to the thrift store	Drawing

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

STRESSORS

Watch TV	Talk to staff	Go outside	Watch a movie	Think about happy memories
Cooking	Sewing	Arts and Crafts	Talk to a friend	start a new hobby
Deep breathing	volunteer	**FREE**	visit garage sales	Help a friend
Count to 10	Write in a journal	Think about loved ones	Leisure activities	take a walk
Drawing	Take a time out	Listen to music	Dance	Play cards

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved