B	I	N	G	O
take a shower	act the opposite of a negative emotion	draw	sensations	positive self-talk
count to 10	take a nap	put thoughts on a shelf	ask others how they would cope	read
squeeze something very hard	think of a time you felt better	**FREE**	contribute	journal
listen to music	squeeze and release muscles	make your favorite meal	help someone else	pushing away
exercise	count things in the room	put thoughts on a shelf	watch tv	distract self with activities

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B	I	N	G	O
think of a time you felt better	ask others how they would cope	sensations	count to 10	put thoughts on a shelf
draw	watch tv	positive self-talk	count things in the room	read
listen to music	contribute	**FREE**	journal	act the opposite of a negative emotion
help someone else	put thoughts on a shelf	take a shower	distract self with activities	squeeze and release muscles
make your favorite meal	pushing away	squeeze something very hard	take a nap	exercise

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B	I	N	G	O
count things in the room	put thoughts on a shelf	ask others how they would cope	pushing away	contribute
take a shower	listen to music	make your favorite meal	take a nap	positive self-talk
squeeze something very hard	distract self with activities	**FREE**	squeeze and release muscles	help someone else
think of a time you felt better	read	sensations	watch tv	draw
journal	act the opposite of a negative emotion	put thoughts on a shelf	count to 10	exercise

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