

B	I	N	G	O
THINK OF SOMETHING FUNNY	ARE YOU HUNGRY?	DO JUMPING JACKS	SAY TO YOURSELF "I AM GOING TO BE OKAY"	JOURNAL YOUR FEELINGS AND FRUSTRATIONS
COUNT TO TEN	TALK TO A PROFESSIONAL	MEDITATE	AVOID ALCOHOL	REMIND YOURSELF THAT THIS WON'T LAST FOREVER
TAKE A DEEP BREATH	VISUALIZE YOURSELF ON THE BEACH OR A RELAXING PLACE	I FEEL FREE!	AVOID CAFFEINE	GET PLENTY OF SLEEP/REST
GET SOME FRESH AIR	TAKE A BATH	GO TO A QUIET PLACE	EXCERCIS E	LISTEN TO MUSIC
EAT A SNICKERS!	CALL A FRIEND	READ A BOOK	WATCH A MOVIE	DANCE!

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EXERCISE	READ A BOOK	THINK OF SOMETHING FUNNY	DANCE!	TAKE A BATH
GO TO A QUIET PLACE	LISTEN TO MUSIC	TAKE A DEEP BREATH	TALK TO A PROFESSIONAL	EAT A SNICKERS!

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