

|                            |                                 |                                  |                       |                                |
|----------------------------|---------------------------------|----------------------------------|-----------------------|--------------------------------|
| <b>B</b>                   | <b>I</b>                        | <b>N</b>                         | <b>G</b>              | <b>O</b>                       |
| THINK                      | ASK<br>SUPERVISOR<br>FOR HELP   | GET<br>SOME<br>SLEEP<br>AT NIGHT | STRENGTH<br>S         | PERSONAL<br>SPACE              |
| EXERCISE                   | TEAM<br>WORK                    | RELATIONSHIPS                    | BOUNDARIES            | TALKING                        |
| TRY TO<br>RELAX            | COPING<br>SKILLS                | <b>FREE</b>                      | PROFESSIONAL          | KEEP A<br>POSITIVE<br>ATTITUDE |
| EAT<br>HEALTHY             | LAUGH                           | TALK TO<br>A<br>TRUSTED<br>ADULT | LISTEN<br>TO<br>MUSIC | SOCIAL<br>MEDIA                |
| TALK TO<br>YOUR<br>PARENTS | HANG<br>OUT<br>WITH A<br>FRIEND | GO<br>FOR A<br>WALK              | PLAY A<br>SPORT       | DANCE                          |

|                                  |                                |                            |                                        |                     |
|----------------------------------|--------------------------------|----------------------------|----------------------------------------|---------------------|
| <b>B</b>                         | <b>I</b>                       | <b>N</b>                   | <b>G</b>                               | <b>O</b>            |
| PROFESSIONAL                     | PERSONAL<br>SPACE              | COPING<br>SKILLS           | TALKING                                | DANCE               |
| TALK TO<br>A<br>TRUSTED<br>ADULT | KEEP A<br>POSITIVE<br>ATTITUDE | LAUGH                      | TEAM<br>WORK                           | BOUNDARIES          |
| TRY TO<br>RELAX                  | STRENGTH<br>S                  | <b>FREE</b>                | PLAY A<br>SPORT                        | EXERCIS<br>E        |
| GET<br>SOME<br>SLEEP<br>AT NIGHT | RELATIONSHIPS                  | TALK TO<br>YOUR<br>PARENTS | EAT<br>HEALTHY                         | SOCIAL<br>MEDIA     |
| ASK<br>SUPERVISOR<br>FOR HELP    | <b>THINK</b>                   | WRITE/JOURNAL              | FOCUS<br>ON WHAT<br>YOU CAN<br>CONTROL | GO<br>FOR A<br>WALK |

|                         |                      |                         |                               |               |
|-------------------------|----------------------|-------------------------|-------------------------------|---------------|
| <b>B</b>                | <b>I</b>             | <b>N</b>                | <b>G</b>                      | <b>O</b>      |
| PROFESSIONAL            | EXERCISE             | SOCIAL MEDIA            | FOCUS ON WHAT YOU CAN CONTROL | BOUNDARIES    |
| ASK SUPERVISOR FOR HELP | WRITE/JOURNAL        | GET SOME SLEEP AT NIGHT | TRY TO RELAX                  | EAT HEALTHY   |
| TEAM WORK               | TALK TO YOUR PARENTS | <b>FREE</b>             | LISTEN TO MUSIC               | STRENGTHS     |
| DANCE                   | PLAY A SPORT         | LAUGH                   | KEEP A POSITIVE ATTITUDE      | COPING SKILLS |
| TALKING                 | PERSONAL SPACE       | GO FOR A WALK           | RELATIONSHIPS                 | THINK         |