B	I	N	G	O
Try a new hobby	Bake	Draw	Stretch	Listen to music
Count to 50	Take a nap	Punch a punching bag	Call a friend	Stop & Think
Take a break	Use positive talk	**FREE**	Clean	Go out to eat
Imagine a relaxing place	Take 10 deep breaths	Let yourself cry	Go for a drive	Pet your cat or dog
Exercise	Cook a meal	Sing	Write a journal	Do a puzzle

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B	I	N	G	O
Use positive talk	Call a friend	Stretch	Count to 50	Punch a punching bag
Draw	Write a journal	Listen to music	Cook a meal	Stop & Think
Imagine a relaxing place	Clean	**FREE**	Go out to eat	Bake
Go for a drive	Sing	Try a new hobby	Do a puzzle	Take 10 deep breaths
Let yourself cry	Pet your cat or dog	Take a break	Take a nap	Exercise

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B	I	N	G	O
Cook a meal	Sing	Call a friend	Pet your cat or dog	Clean
Try a new hobby	Imagine a relaxing place	Let yourself cry	Take a nap	Listen to music
Take a break	Do a puzzle	**FREE**	Take 10 deep breaths	Go for a drive
Use positive talk	Stop & Think	Stretch	Write a journal	Draw
Go out to eat	Bake	Punch a punching bag	Count to 50	Exercise

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