

B	I	N	G	O
Watch TV	Arts and Crafts	Drawing	Think about loved ones	Praise yourself
Deep breathing	Walk away	Take a walk	Ask for help	Think about happy memories
Visit your family	Watch a movie	FREE	Count to 10	Go to meeting
Identify Triggers	Use self-talk	Listen to music	Go outside	Read
Exercise	Cry	Talk to a friend	Write in a journal	Do something you love

B	I	N	G	O
Watch a movie	Ask for help	Think about loved ones	Deep breathing	Take a walk
Drawing	Write in a journal	Praise yourself	Cry	Think about happy memories
Identify Triggers	Count to 10	FREE	Go to meeting	Arts and Crafts
Go outside	Talk to a friend	Watch TV	Do something you love	Use self-talk
Listen to music	Read	Visit your family	Walk away	Exercise

B	I	N	G	O
Cry	Talk to a friend	Ask for help	Read	Count to 10
Watch TV	Identify Triggers	Listen to music	Walk away	Praise yourself
Visit your family	Do something you love	FREE	Use self-talk	Go outside
Watch a movie	Think about happy memories	Think about loved ones	Write in a journal	Drawing
Go to meeting	Arts and Crafts	Take a walk	Deep breathing	Exercise