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

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

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

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