

B	I	N	G	O
Wash and style your hair	Arts and Crafts	Go to an art gallery	String a necklace	People watch
Drink a hot cup of tea	Use a stress ball	Read	Blog	Treat yourself
play cards	Chew Gum	FREE	Listen to music	Make a collage
Talk in to a tape recorder	Make a gratitude list	Redecorate	Have a picnic	Play with a pet
Contact a warm line	Take a timeout	Find a Wellness Center	use positive self talk	Get some sunlight

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play cards	use positive self talk	Blog	Make a gratitude list	Drink a hot cup of tea
String a necklace	Make a collage	Go to an art gallery	Play with a pet	Chew Gum
Listen to music	Arts and Crafts	FREE	Have a picnic	Redecorate
Get some sunlight	Wash and style your hair	Find a Wellness Center	Talk in to a tape recorder	Contact a warm line
People watch	Let yourself cry	Treat yourself	Read	Use a stress ball

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Talk in to a tape recorder	Have a picnic	play cards	Get some sunlight	String a necklace
Take a timeout	Treat yourself	use positive self talk	Make a gratitude list	Chew Gum
Redecorate	Blog	FREE	Listen to music	Go to an art gallery
Let yourself cry	People watch	Contact a warm line	Arts and Crafts	Wash and style your hair
Use a stress ball	Read	Make a collage	Play with a pet	Find a Wellness Center