B	I	N	G	O
Watch videos of baby animals	Call a friend	Count to ten	Review relapse prevention plan	Help a friend
Call a hotline / counselor	Take deep breaths	Listen to music	3 things you: feel see hear	Read
Take a walk	Write in journal	**FREE**	5 deep breaths	Exercise
Find a free relaxation App	Take a hot bath or shower	Go outside	Draw	List 5 accomplishments since beginning treatment
Dance	Bake	Meditate	Write positive affirmations	Call family

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B	I	N	G	O
Write in journal	3 things you: feel see hear	Review relapse prevention plan	Call a hotline / counselor	Listen to music
Count to ten	Write positive affirmations	Help a friend	Bake	Read
Find a free relaxation App	5 deep breaths	**FREE**	Exercise	Call a friend
Draw	Meditate	Watch videos of baby animals	Call family	Take a hot bath or shower
Go outside	List 5 accomplishments since beginning treatment	Take a walk	Take deep breaths	Dance

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B	I	N	G	O
Bake	Meditate	3 things you: feel see hear	List 5 accomplishments since beginning treatment	5 deep breaths
Watch videos of baby animals	Find a free relaxation App	Go outside	Take deep breaths	Help a friend
Take a walk	Call family	**FREE**	Take a hot bath or shower	Draw
Write in journal	Read	Review relapse prevention plan	Write positive affirmations	Count to ten
Exercise	Call a friend	Listen to music	Call a hotline / counselor	Dance

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