

B	I	N	G	O
8.Care for or play with a pet	1.Drop some involvement	.Write a note to someone you care about	13.Talk to someone you trust	5.Use humor
4.Be assertive	11.Read	7.Watch cute kitten videos on YouTube	4.Laugh	1.Exercise or play sports
5.Take a walk or go for a drive	7.Serve someone in need	FREE	8.Play a game	1.Make a gratitude list
2.Prioritize important tasks	10.Reward or pamper yourself when successful	3.Get into a good routine	6.Spend time with friends and/or family	3.Take a shower or a bath
5.Limit caffeine	6.Write a list of goals	2.Eat healthy foods	3.Cry	2.Catharsis (yelling in the bathroom punching a punching bag)

B	I	N	G	O
4.Eat a little chocolate	3.Get into a good routine	2.Brainstorm solutions	1.Write	10.Clean or organize your environment
4.Keep an inspirational quote with you	4.Be assertive	3.Use assertive communication	1.Get enough sleep	7.Serve someone in need
6.Deep/slow breathing	2.Prioritize important tasks	FREE	1.Make a gratitude list	7.Watch cute kitten videos on YouTube
1.Exercise or play sports	8.Play a game	7.Take a class	5.Use humor	3.Cry
3.Lower your expectations of the situation	11.Read	14.Set boundaries and say \"no\"	5.Be flexible	9.Go shopping

B	I	N	G	O
6.Deep/slow breathing	5.Take a walk or go for a drive	4.Schedule time for yourself	6.Watch television or a movie	1.Write
10.Encourage others	5.Be flexible	4.Be assertive	11.Read	5.Limit caffeine
4.Garden	1.Drop some involvement	FREE	2.Prioritize important tasks	.Write a note to someone you care about
3.Use assertive communication	4.Keep an inspirational quote with you	8.Care for or play with a pet	10.Clean or organize your environment	9.Write a list of pros and cons for decisions
9.Role-play challenging situations with others	11.Write a list of strengths	9.Go shopping	1.Get enough sleep	5.Use humor