

|                           |                        |                 |                            |                  |
|---------------------------|------------------------|-----------------|----------------------------|------------------|
| <b>B</b>                  | <b>I</b>               | <b>N</b>        | <b>G</b>                   | <b>O</b>         |
| Write a letter to someone | Call a hotline         | Arts and Crafts | Go outside                 | Talk to a friend |
| Punch a punching bag      | Do your makeup         | Watch TV        | Sewing                     | Cooking          |
| Take a walk               | Visit your family      | <b>FREE</b>     | Write a poem               | Count to 10      |
| Painting                  | Do yoga                | Play a game     | Think about happy memories | Play cards       |
| Take a time out           | Think about loved ones | Listen to music | Help a friend              | Read             |

|                      |                     |                |                            |                       |
|----------------------|---------------------|----------------|----------------------------|-----------------------|
| <b>B</b>             | <b>I</b>            | <b>N</b>       | <b>G</b>                   | <b>O</b>              |
| Play a game          | Help a friend       | Dance          | Deep breathing             | Read a joke book      |
| Punch a punching bag | Pray                | Count to 10    | Visit your family          | Talk to a friend      |
| Painting             | Pet your cat or dog | <b>FREE</b>    | Watch TV                   | Cooking               |
| Write a poem         | Call a hotline      | Do your makeup | Go shopping                | Squeeze a stress ball |
| Talk to staff        | Take a walk         | Sewing         | Think about happy memories | Do yoga               |

|                 |                                         |                |                     |                           |
|-----------------|-----------------------------------------|----------------|---------------------|---------------------------|
| <b>B</b>        | <b>I</b>                                | <b>N</b>       | <b>G</b>            | <b>O</b>                  |
| Take a time out | Punch a punching bag                    | Do your makeup | Read                | Call a hotline            |
| Painting        | Arts and Crafts                         | Pray           | Read a joke book    | Write a letter to someone |
| Dance           | Write something positive about yourself | <b>FREE</b>    | Write in a journal  | Drawing                   |
| Count to 10     | Talk to a friend                        | Sewing         | Exercise            | Write a poem              |
| Do yoga         | Cooking                                 | Take a walk    | Pet your cat or dog | Go outside                |