

B	I	N	G	O
Think differently	Ask for help	Gratitude	Seek solutions	Meditation
Eat protein	Talk it out	Prioritize	Bedtime routine	Say No
Take a walk	Use a stress ball	FREE	Color	Journal
Laugh!	Steer clear	Massage	Help someone	Muscle relaxation
Healthy habits	Deep breathing	Religious beliefs	Yoga	Exercise

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Gratitude	Yoga	Meditation	Deep breathing	Say No
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Help someone	Religious beliefs	Think differently	Exercise	Steer clear
Massage	Muscle relaxation	Take a walk	Talk it out	Healthy habits

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Take a walk	Exercise	FREE	Steer clear	Help someone
Use a stress ball	Say No	Seek solutions	Yoga	Gratitude
Journal	Ask for help	Prioritize	Eat protein	Healthy habits