STRESSORS

Volunteer	Cooking	Arts and Crafts	Help a friend	Talk to a friend
Practice a hobby	Exercise	Visit with your family	Take a time out	Count to 10
Take a walk	Think about loved ones	**FREE**	Watch TV	Dance
Take a shower/bath	Play a sport	Try yoga	Play cards	Think about happy memories
Play with pets	Take a walk	Painting	Listen to music	Shake it off

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

STRESSORS

Play cards	Leisure activities	Dance	Deep breathing	Take a shower/bath
Read	Practice a hobby	Count to 10	Try yoga	Talk to a friend
Play a game	Play a sport	**FREE**	Visit with your family	Watch TV
Cooking	Shake it off	Exercise	Take a walk	Watch a movie
Talk to a teacher	Take a walk	Take a time out	Think about happy memories	Drawing

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

STRESSORS

Take a walk	Read	Exercise	Take a walk	Shake it off
Cooking	Play a game	Arts and Crafts	Practice a hobby	Volunteer
Deep breathing	Write in a journal	**FREE**	Watch a movie	Go outside
Count to 10	Talk to a friend	Take a shower/bath	Go shopping	Watch TV
Drawing	Play cards	Help a friend	Dance	Listen to music

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved