

B	I	N	G	O
Think about happy memories	Alter your diet	Emotional Freedom Techniques	Take a bubble bath	Progressive Muscle Relaxation
Cooking	Talk to staff	Say positive things about yourself	Aromatherapy	Talk to a friend
Write in a journal	Arts and Crafts	FREE	Grounding Techniques	Listen to music
Take a walk	Painting	Stress Ball	Exercise	Read
Breathing Retraining	Take a time out	Count to 10	Yoga	Drawing

B	I	N	G	O
Write in a journal	Yoga	Aromatherapy	Painting	Cooking
Take a bubble bath	Listen to music	Emotional Freedom Techniques	Read	Arts and Crafts
Grounding Techniques	Alter your diet	FREE	Exercise	Stress Ball
Drawing	Think about happy memories	Count to 10	Take a walk	Breathing Retraining
Progressive Muscle Relaxation	Go outside	Talk to a friend	Say positive things about yourself	Talk to staff

B	I	N	G	O
Take a walk	Exercise	Write in a journal	Drawing	Take a bubble bath
Take a time out	Talk to a friend	Yoga	Painting	Arts and Crafts
Stress Ball	Aromatherapy	FREE	Grounding Techniques	Emotional Freedom Techniques
Go outside	Progressive Muscle Relaxation	Breathing Retraining	Alter your diet	Think about happy memories
Talk to staff	Say positive things about yourself	Listen to music	Read	Count to 10