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

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

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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	Progressive Muscle Relaxation	Breathing Retraining
Stress Ball	Aromatherapy	**FREE**	Listen to music	Emotional Freedom Techniques
Grounding Techniques	Read	Cooking	Alter your diet	Think about happy memories
Talk to staff	Sing	Painting	Say positive things about yourself	Dance

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