

|                            |                        |                     |                    |                      |
|----------------------------|------------------------|---------------------|--------------------|----------------------|
| <b>B</b>                   | <b>I</b>               | <b>N</b>            | <b>G</b>           | <b>O</b>             |
| Use a stress ball          | Arts and crafts        | Let yourself cry    | Take a time out    | Punch a punching bag |
| Exercise                   | Try something new      | Sew                 | Cook               | Take a shower        |
| Think about happy memories | Use positive self-talk | <b>FREE</b>         | Dance              | Play cards           |
| Play with a pet            | Talk to a friend       | Pray/meditate       | Muscle relaxation  | Read                 |
| Listen to music            | Deep breath            | Start a new project | Write in a journal | Go outside           |

|                        |                     |                            |                   |                  |
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| <b>B</b>               | <b>I</b>            | <b>N</b>                   | <b>G</b>          | <b>O</b>         |
| Use positive self-talk | Cook                | Take a time out            | Exercise          | Sew              |
| Let yourself cry       | Write in a journal  | Punch a punching bag       | Deep breath       | Take a shower    |
| Play with a pet        | Dance               | <b>FREE</b>                | Play cards        | Arts and crafts  |
| Muscle relaxation      | Start a new project | Use a stress ball          | Go outside        | Talk to a friend |
| Pray/meditate          | Read                | Think about happy memories | Try something new | Listen to music  |

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| Deep breath                | Start a new project | Cook            | Read               | Dance                |
| Use a stress ball          | Play with a pet     | Pray/meditate   | Try something new  | Punch a punching bag |
| Think about happy memories | Go outside          | <b>FREE</b>     | Talk to a friend   | Muscle relaxation    |
| Use positive self-talk     | Take a shower       | Take a time out | Write in a journal | Let yourself cry     |
| Play cards                 | Arts and crafts     | Sew             | Exercise           | Listen to music      |