

B	I	N	G	O
Work in the garden	Color coordinate your wardrobe	Clean the house	Make a "gratitude list"	Take yourself on a date
Scream into a pillow	Go for a drive	Visit your family	Take A Nap	Complete something on your "to-do" list
Think about loved ones	Write a list of goals	FREE	Count backwards from 100	Pray
Try to make as many words as possible from letters in your name	Rearrange your furniture	Talk to staff	Recite serenity prayer	Take a time out
Take a walk	Play cards	Play a game with your children	Search for funny things on YouTube	Meditate

B	I	N	G	O
Deep breathing	Drawing	Squeeze a stress ball	Scream into a pillow	Rip paper into pieces
Count backwards from 100	Try to make as many words as possible from letters in your name	Talk to a friend	Pray	Read
Visit your family	Complete something on your "to-do" list	FREE	Write a list of goals	Color coordinate your wardrobe
Take A Nap	Take yourself on a date	Search for funny things on YouTube	Rearrange your furniture	Go outside
Make a "gratitude list"	Take a time out	Take a walk	Take a hot shower/bath	Think about happy memories

B	I	N	G	O
Deep breathing	Exercise	Take a time out	Scream into a pillow	Go for a drive
Take a walk	Search for funny things on YouTube	Color coordinate your wardrobe	Pray	Clean the house
Rip paper into pieces	Squeeze a stress ball	FREE	Work in the garden	Drawing
Write positive affirmations	Write in a journal	Go outside	Count backwards from 100	Talk to a friend
Take A Nap	Help a friend	Write a list of goals	Complete something on your "to-do" list	Take yourself on a date