

B	I	N	G	O
Visit your family	Commit	Deep breathing	Talk to a friend	Play cards
Count to 10	Think about loved ones	Take a time out	Committment	Take action
Think about happy memories	Watch TV	RECOVERY!	Conflict	Help a friend
Listen to music	Talk to staff	Painting	Go outside	Read
Exercise	Coping	Take a walk	Watch a movie	Cues

B	I	N	G	O
Watch TV	Committment	Talk to a friend	Count to 10	Take a time out
Deep breathing	Watch a movie	Play cards	Coping	Take action
Listen to music	Conflict	RECOVERY!	Help a friend	Commit
Go outside	Take a walk	Visit your family	Cues	Talk to staff
Painting	Read	Think about happy memories	Think about loved ones	Exercise

B	I	N	G	O
Coping	Take a walk	Committment	Read	Conflict
Visit your family	Listen to music	Painting	Think about loved ones	Play cards
Think about happy memories	Cues	RECOVERY!	Talk to staff	Go outside
Watch TV	Take action	Talk to a friend	Watch a movie	Deep breathing
Help a friend	Commit	Take a time out	Count to 10	Exercise