

B	I	N	G	O
Volunteer Work	Complete a Project	Go Outside	Take a Short Nap	Meditation
Exercise	Visualize a Safe Place	Reaching out to Family	Completing ADLs	Stretch
Talking to Friends	Watch a Funny Video	FREE	Cook a Healthy Meal	Join a Support Group
Journaling	Taking Medications	Listening to Music	Identify Emotions	Positive Affirmations
Help Others	Creating Artwork	Reading	Write 3 Gratitudes for the Day	Gardening

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Identify Emotions	Reading	Volunteer Work	Gardening	Taking Medications
Listening to Music	Positive Affirmations	Talking to Friends	Visualize a Safe Place	Help Others

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Talking to Friends	Gardening	FREE	Taking Medications	Identify Emotions
Watch a Funny Video	Stretch	Take a Short Nap	Write 3 Gratitudes for the Day	Go Outside
Join a Support Group	Complete a Project	Reaching out to Family	Exercise	Help Others