

|                            |                      |                             |                              |                 |
|----------------------------|----------------------|-----------------------------|------------------------------|-----------------|
| <b>B</b>                   | <b>I</b>             | <b>N</b>                    | <b>G</b>                     | <b>O</b>        |
| Time<br>Manage             | Do Yoga              | Laugh                       | Sing                         | Play a<br>Sport |
| Good<br>Night<br>Sleep     | Talk with<br>Friends | Read a<br>Book              | Draw                         | Take a<br>Walk  |
| Use a<br>Stress<br>Ball    | Drink<br>Water       | Music                       | Paint                        | Take a<br>Walk  |
| Play a<br>Game             | Set a<br>Goal        | Make a<br>Music<br>Playlist | Random<br>Act of<br>Kindness | Enjoy<br>Nature |
| Take 10<br>Deep<br>Breaths | Healthy<br>Diet      | Watch a<br>Funny<br>Movie   | Journal                      | Music           |

|                      |                     |                   |                        |              |
|----------------------|---------------------|-------------------|------------------------|--------------|
| <b>B</b>             | <b>I</b>            | <b>N</b>          | <b>G</b>               | <b>O</b>     |
| Use a Stress Ball    | Drink Water         | Take a Walk       | Draw                   | Enjoy Nature |
| Journal              | Take a Walk         | Music             | Play a Sport           | Set a Goal   |
| Good Night Sleep     | Laugh               | Read a Book       | Random Act of Kindness | Time Manage  |
| Play a Game          | Healthy Diet        | Talk with Friends | Make a Music Playlist  | Sing         |
| Take 10 Deep Breaths | Watch a Funny Movie | Music             | Do Yoga                | Paint        |

|                   |                        |                     |             |                       |
|-------------------|------------------------|---------------------|-------------|-----------------------|
| <b>B</b>          | <b>I</b>               | <b>N</b>            | <b>G</b>    | <b>O</b>              |
| Take a Walk       | Random Act of Kindness | Healthy Diet        | Journal     | Make a Music Playlist |
| Enjoy Nature      | Music                  | Good Night Sleep    | Music       | Time Manage           |
| Play a Game       | Take 10 Deep Breaths   | Read a Book         | Drink Water | Talk with Friends     |
| Use a Stress Ball | Set a Goal             | Watch a Funny Movie | Draw        | Do Yoga               |
| Paint             | Take a Walk            | Sing                | Laugh       | Play a Sport          |