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

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

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

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