

B	I	N	G	O
Visit Family	Arts and Crafts	Exercise	Think about happy memories	Start a new hobby
Dance	Use positive self-talk	Take a walk	Color	Talk to staff
Use a Stress Ball	Watch a movie	FREE	Cook	Play with you children
Pray or meditate	Try something new	Read	Muscle Relaxation	Take a time out
Listen to music	Cry	Talk to a friend	Write in a journal	Deep Breathing

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Watch a movie	Color	Think about happy memories	Dance	Take a walk
Exercise	Write in a journal	Start a new hobby	Cry	Talk to staff
Pray or meditate	Cook	FREE	Play with you children	Arts and Crafts
Muscle Relaxation	Talk to a friend	Visit Family	Deep Breathing	Try something new
Read	Take a time out	Use a Stress Ball	Use positive self-talk	Listen to music

B	I	N	G	O
Cry	Talk to a friend	Color	Take a time out	Cook
Visit Family	Pray or meditate	Read	Use positive self-talk	Start a new hobby
Use a Stress Ball	Deep Breathing	FREE	Try something new	Muscle Relaxation
Watch a movie	Talk to staff	Think about happy memories	Write in a journal	Exercise
Play with you children	Arts and Crafts	Take a walk	Dance	Listen to music