B	I	N	G	O
Watch your favorite TV show	Aromatherapy	Exercise	Take a time out	Say positive things about yourself
Dance	Think about happy memories	Stress Ball	Breathing Retraining	Talk to staff
Write in a journal	Cooking	**FREE**	Painting	Progressive Muscle Relaxation
Talk to a friend	Read	Take a bubble bath	Grounding Techniques	Sing
Count to 10	Take a walk	Drawing	Yoga	Emotional Freedom Techniques

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B	I	N	G	O
Write in a journal	Yoga	Breathing Retraining	Read	Dance
Take a time out	Progressive Muscle Relaxation	Exercise	Sing	Cooking
Painting	Aromatherapy	**FREE**	Grounding Techniques	Take a bubble bath
Emotional Freedom Techniques	Watch your favorite TV show	Drawing	Talk to a friend	Count to 10
Say positive things about yourself	Listen to music	Talk to staff	Stress Ball	Think about happy memories

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B	I	N	G	O
Talk to a friend	Grounding Techniques	Write in a journal	Emotional Freedom Techniques	Take a time out
Take a walk	Talk to staff	Yoga	Read	Cooking
Take a bubble bath	Breathing Retraining	**FREE**	Painting	Exercise
Listen to music	Say positive things about yourself	Count to 10	Aromatherapy	Watch your favorite TV show
Think about happy memories	Stress Ball	Progressive Muscle Relaxation	Sing	Drawing

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