Recovery Bingo

Surrounding environment	Avoid high risk situation	Exercise	Seek support	Meditation
Coping mechanisms	Stress management	Reduce/eliminate caffeine	Believe	Rewards
Sport	Talk	**FREE**	Change	Healthy diet
Healthy distractions (games)	Sleep	Honesty	Friends	Plan
Family	Controlling emotions	Relax	Vitamins	Drink water

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Recovery Bingo

Talk	Believe	Seek support	Coping mechanisms	Reduce/eliminate caffeine
Exercise	Vitamins	Meditation	Controlling emotions	Rewards
Healthy distractions (games)	Change	**FREE**	Healthy diet	Avoid high risk situation
Friends	Relax	Surrounding environment	Drink water	Sleep
Honesty	Plan	Sport	Stress management	Family

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Recovery Bingo

Controlling emotions	Relax	Believe	Plan	Change
Surrounding environment	Healthy distractions (games)	Honesty	Stress management	Meditation
Sport	Drink water	**FREE**	Sleep	Friends
Talk	Rewards	Seek support	Vitamins	Exercise
Healthy diet	Avoid high risk situation	Reduce/eliminate caffeine	Coping mechanisms	Family

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