Coping Skills Bingo

go for a run	Analyze the situation	Let yourself cry	Try something new	Pray or meditate
Give your self a break	do some Yoga	Start a hobby or project	Attend a group	Think about happy memories
Use positive self-talk	process your emotions	**FREE**	Cooking	Pick out the learning points
Play a game n the computer/phone	Uncover what is upsetting you	Play cards	Paint a Picture	Sing a song
Muscle relaxation	Get out of the house	Step back and evaluate	use a stress ball	Go out side

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Coping Skills Bingo

process your emotions	Attend a group	Try something new	Give your self a break	Start a hobby or project
Let yourself cry	use a stress ball	Pray or meditate	Get out of the house	Think about happy memories
Play a game n the computer/phone	Cooking	**FREE**	Pick out the learning points	Analyze the situation
Paint a Picture	Step back and evaluate	go for a run	Go out side	Uncover what is upsetting you
Play cards	Sing a song	Use positive self-talk	do some Yoga	Muscle relaxation

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Get out of the house	Step back and evaluate	Attend a group	Sing a song	Cooking
go for a run	Play a game n the computer/phone	Play cards	do some Yoga	Pray or meditate
Use positive self-talk	Go out side	**FREE**	Uncover what is upsetting you	Paint a Picture
process your emotions	Think about happy memories	Try something new	use a stress ball	Let yourself cry
Pick out the learning points	Analyze the situation	Start a hobby or project	Give your self a break	Muscle relaxation

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