

B	I	N	G	O
Unplug from Social Media	Ask for Help	Get a mani or pedi	Take a Bubble Bath	Read a Book
Do an arts & crafts project	Try a new hobby or activity	Reorganize personal space	Change up your hairstyle	Spend time playing with child
Take a nap	Watch a favorite TV show or movie	FREE	Confide in a trusted professional	Make a to-do list
Play a game	Take a Walk	Practice Deep Breathing	Listen to Music	Reconnect with an old friend
Hangout with Friends	Cook or bake a favorite Meal	Set a goal	Write in a Journal	Exercise or Be Active

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