

B	I	N	G	O
Try something new	Arts and crafts	Let yourself cry	Take a bath	Play with a pet
Exercise	Talk to a friend	Pray	Cooking	Stretch
Take a time out	Use a stress ball	FREE	Dance	Look at happy pictures
Meditate	Take a shower	Play cards	Listen to music	Positive self-talk
Light a candle	Deep breathing	Read	Write in a journal	Go outside

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Use a stress ball	Cooking	Take a bath	Exercise	Pray
Let yourself cry	Write in a journal	Play with a pet	Deep breathing	Stretch
Meditate	Dance	FREE	Look at happy pictures	Arts and crafts
Listen to music	Read	Try something new	Go outside	Take a shower
Play cards	Positive self-talk	Take a time out	Talk to a friend	Light a candle

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Deep breathing	Read	Cooking	Positive self-talk	Dance
Try something new	Meditate	Play cards	Talk to a friend	Play with a pet
Take a time out	Go outside	FREE	Take a shower	Listen to music
Use a stress ball	Stretch	Take a bath	Write in a journal	Let yourself cry
Look at happy pictures	Arts and crafts	Pray	Exercise	Light a candle