

B	I	N	G	O
silly humor	Assertive communication	Journal	positive affirmations	distraction
Dance	set goals	identify your emotions	Body reactions	negative self-talk
relaxation	talk about it	FREE	Cook	Make a gratitude list
Meditate	positive self-talk	Read inspirational quotes	List positive qualities	exercise
Laugh	Count to 10	listen to music	time out	Do something fun

B	I	N	G	O
talk about it	Body reactions	positive affirmations	Dance	identify your emotions
Journal	time out	distraction	Count to 10	negative self-talk
Meditate	Cook	FREE	Make a gratitude list	Assertive communication
List positive qualities	listen to music	silly humor	Do something fun	positive self-talk
Read inspirational quotes	exercise	relaxation	set goals	Laugh

B	I	N	G	O
Count to 10	listen to music	Body reactions	exercise	Cook
silly humor	Meditate	Read inspirational quotes	set goals	distraction
relaxation	Do something fun	FREE	positive self-talk	List positive qualities
talk about it	negative self-talk	positive affirmations	time out	Journal
Make a gratitude list	Assertive communication	identify your emotions	Dance	Laugh