

B	I	N	G	O
Take a nap (only if you are tired).	Alphabetize your CDs/DVDs/books.	Go somewhere very public.	Read a good book.	Meditate.
Dance.	Take a hot shower or relaxing bath.	Plan your dream room (colors/furniture).	Bake cookies.	Punch a punching bag.
Shoot hoops kick a ball.	Try some aromatherapy (candle lotion room spray).	FREE	Clean something.	Knit or sew.
Let yourself cry.	Rip paper into itty-bitty pieces.	Listen to music.	Hyperfocus on something like a rock hand etc.	Paint or draw.
Hug a pillow or stuffed animal.	Cover yourself with Band-Aids where you want to cut.	Play with a pet.	Write a letter or send an email.	Go shopping.

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