

|                          |                   |                  |                      |                           |
|--------------------------|-------------------|------------------|----------------------|---------------------------|
| <b>B</b>                 | <b>I</b>          | <b>N</b>         | <b>G</b>             | <b>O</b>                  |
| Watch TV                 | Cooking           | Let yourself cry | Start a hobby        | Pray                      |
| Keep a positive attitude | Use a stress ball | Set a goal       | Count to 10          | Think about your love one |
| Write a poem             | Dance             | <b>FREE</b>      | Read                 | Play a game               |
| Exercise                 | Play cards        | Take a time out  | Play with a pet      | Sing                      |
| Talk to a friend         | Paint             | Listen to music  | Punch a punching bag | Deep breathing            |

|                  |               |                    |                           |                          |
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| <b>B</b>         | <b>I</b>      | <b>N</b>           | <b>G</b>                  | <b>O</b>                 |
| Read             | Pray          | Dance              | Think about your love one | Deep breathing           |
| Take a time out  | Play a game   | Play cards         | Use a stress ball         | Count to 10              |
| Write a poem     | Start a hobby | <b>FREE</b>        | Punch a punching bag      | Keep a positive attitude |
| Let yourself cry | Set a goal    | Talk to a friend   | Exercise                  | Sing                     |
| Cooking          | Watch TV      | Write in a journal | Laugh                     | Listen to music          |

|                           |                          |                  |                 |               |
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| <b>B</b>                  | <b>I</b>                 | <b>N</b>         | <b>G</b>        | <b>O</b>      |
| Read                      | Keep a positive attitude | Sing             | Laugh           | Count to 10   |
| Cooking                   | Write in a journal       | Let yourself cry | Write a poem    | Exercise      |
| Use a stress ball         | Talk to a friend         | <b>FREE</b>      | Play with a pet | Start a hobby |
| Deep breathing            | Punch a punching bag     | Play cards       | Play a game     | Dance         |
| Think about your love one | Pray                     | Listen to music  | Set a goal      | Watch TV      |