

B	I	N	G	O
think about happy memories	Cooking	Arts and Crafts	Take a shower	playing with a pet
deep breathing	Play with a pet	taking to someone	go to a friends	Deep breathing
painting	take a drive	FREE	think about loved ones	Go outside
go somewhere in public	Write in a journal	bake	sewing	clean
make a list of blessings	stretch	sing	mediate	Try something new

B	I	N	G	O
take a drive	Write in a journal	Talk to a friend	exercise	bake
Take a time out	Let yourself cry	Muscle relaxation	go somewhere in public	deep breathing
cooking	Exercise	FREE	Listen to music	playing with a pet
Go outside	arts and crafts	talking to someone	Deep breathing	think about your children
take a nap	Dance	drawing	go shopping	Pray or meditate

B	I	N	G	O
Take a shower	take a drive	listen to music	think about your children	pray
painting	help a friend	sewing	Go outside	Play cards
drawing	Pray or meditate	FREE	make a list of blessings	exercise
go shopping	Dance	Use positive self-talk	Arts and Crafts	cooking
Play with a pet	think about happy memories	Listen to music	write in a journal	write