

PSY167 - STRESS BINGO

Use a Stress Ball	Aromatheraphy	Laugh	Take a Walk	Say positive things about yourself
Healthy Diet	Time Manage	Set a Goal	Do Yoga	Take 10 Deep Breaths
Think about a happy memory	Walk barefoot on grass	Draw	Play a Game/Sport	Good Night Sleep
Random Act of Kindness	Take a shower/bath	Read a Book	Talk with Friends	Meditate
Send a loved one an appreciation message	Make a Music Playlist	Drink Water	Sing	Paint

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Aromatheraphy	Read a Book	Healthy Diet	Send a loved one an appreciation message	Use a Stress Ball
Drink Water	Watch a Funny Movie	Walk barefoot on grass	Draw	Take a Walk
Set a Goal	Laugh	Do Yoga	Good Night Sleep	Play a Game/Sport
Random Act of Kindness	Paint	Meditate	Take 10 Deep Breaths	Sing
Time Manage	Talk with Friends	Think about a happy memory	Say positive things about yourself	Make a Music Playlist

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Drink Water	Sing	Do Yoga	Send a loved one an appreciation message	Draw
Time Manage	Use a Stress Ball	Play a Game/Sport	Read a Book	Think about a happy memory
Talk with Friends	Healthy Diet	Meditate	Walk barefoot on grass	Journal
Take 10 Deep Breaths	Take a Walk	Watch a Funny Movie	Take a shower/bath	Laugh
Paint	Say positive things about yourself	Good Night Sleep	Aromatheraphy	Set a Goal