

PSY167 - STRESS BINGO

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

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

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