

PSY167 - STRESS BINGO

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

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

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