PSY167 - STRESS BINGO

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

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PSY167 - STRESS BINGO

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

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PSY167 - STRESS BINGO

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

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