

B	I	N	G	O
Write in a journal	Aromatherapy	Go outside	Take a walk	Progressive Muscle Relaxation
Drawing	Write	Say positive things about yourself	Arts and Crafts	Take a time out
Think about happy memories	Yoga	FREE	Breathing Retraining	Meditate
Painting	Talk to a friend	Play	Listen to music	Read
Grounding Techniques	Count to 10	Sing	diet plan	Exercise

B	I	N	G	O
Yoga	Arts and Crafts	Take a walk	Drawing	Say positive things about yourself
Go outside	diet plan	Progressive Muscle Relaxation	Count to 10	Take a time out
Painting	Breathing Retraining	FREE	Meditate	Aromatherapy
Listen to music	Sing	Write in a journal	Exercise	Talk to a friend
Play	Read	Think about happy memories	Write	Grounding Techniques

B	I	N	G	O
Count to 10	Sing	Arts and Crafts	Read	Breathing Retraining
Write in a journal	Painting	Play	Write	Progressive Muscle Relaxation
Think about happy memories	Exercise	FREE	Talk to a friend	Listen to music
Yoga	Take a time out	Take a walk	diet plan	Go outside
Meditate	Aromatherapy	Say positive things about yourself	Drawing	Grounding Techniques