

|                 |                      |                        |                        |              |
|-----------------|----------------------|------------------------|------------------------|--------------|
| <b>B</b>        | <b>I</b>             | <b>N</b>               | <b>G</b>               | <b>O</b>     |
| Time Management | Aromatherapy         | Good Night Sleep       | Sing                   | Paint        |
| Drink Water     | Talk with Friends    | Random Act of Kindness | Avoid Alcohol/Drug Use | Set a Goal   |
| Take a Walk     | Use a Stress Ball    | <b>FREE</b>            | Do Yoga                | Laugh        |
| Listen to Music | Take 10 Deep Breaths | Meditation             | Journal                | Play a Game  |
| Healthy Diet    | Draw                 | Read a Book            | Watch a Funny Movie    | Enjoy Nature |

|                   |                        |                 |                   |                        |
|-------------------|------------------------|-----------------|-------------------|------------------------|
| <b>B</b>          | <b>I</b>               | <b>N</b>        | <b>G</b>          | <b>O</b>               |
| Use a Stress Ball | Avoid Alcohol/Drug Use | Sing            | Drink Water       | Random Act of Kindness |
| Good Night Sleep  | Watch a Funny Movie    | Paint           | Draw              | Set a Goal             |
| Listen to Music   | Do Yoga                | <b>FREE</b>     | Laugh             | Aromatherapy           |
| Journal           | Read a Book            | Time Management | Enjoy Nature      | Take 10 Deep Breaths   |
| Meditation        | Play a Game            | Take a Walk     | Talk with Friends | Healthy Diet           |

|                   |                 |                        |                      |                  |
|-------------------|-----------------|------------------------|----------------------|------------------|
| <b>B</b>          | <b>I</b>        | <b>N</b>               | <b>G</b>             | <b>O</b>         |
| Draw              | Read a Book     | Avoid Alcohol/Drug Use | Play a Game          | Do Yoga          |
| Time Management   | Listen to Music | Meditation             | Talk with Friends    | Paint            |
| Take a Walk       | Enjoy Nature    | <b>FREE</b>            | Take 10 Deep Breaths | Journal          |
| Use a Stress Ball | Set a Goal      | Sing                   | Watch a Funny Movie  | Good Night Sleep |
| Laugh             | Aromatherapy    | Random Act of Kindness | Drink Water          | Healthy Diet     |