B	I	N	G	O
Volunteer	Dance	Go the library	Take your medication	Positive self-talk
Get outside	Try something new	Read a book	Deep breathing	Take a shower
Treat yo'self!	Watch a funny movie	**FREE**	Exercise	Listen to music
Play a game	Talk to a trusted person	Play with a pet	Have a sweet treat	Pray/Meditate
Have a private cry	Get creative	Scream into a pillow	Write in a journal	Go for a walk

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B	I	N	G	O
Watch a funny movie	Deep breathing	Take your medication	Get outside	Read a book
Go the library	Write in a journal	Positive self-talk	Get creative	Take a shower
Play a game	Exercise	**FREE**	Listen to music	Dance
Have a sweet treat	Scream into a pillow	Volunteer	Go for a walk	Talk to a trusted person
Play with a pet	Pray/Meditate	Treat yo'self!	Try something new	Have a private cry

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B	I	N	G	O
Get creative	Scream into a pillow	Deep breathing	Pray/Meditate	Exercise
Volunteer	Play a game	Play with a pet	Try something new	Positive self-talk
Treat yo'self!	Go for a walk	**FREE**	Talk to a trusted person	Have a sweet treat
Watch a funny movie	Take a shower	Take your medication	Write in a journal	Go the library
Listen to music	Dance	Read a book	Get outside	Have a private cry

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