B	I	N	G	O
Use positive self-talk	Ate Lunch	Listen to music	Take a shower	Play with a pet
Go outside	Try something new	Punch a punching bag	Dance	Start a hobby or project
Think about happy memories	Walk in the park	SELF CARE	Drink Water	Night Drives
Phone Offline	Talk to a friend	Play cards	Muscle relaxation	Pray or meditate
Loves Cooking	Exercise	Read for pleasure	Write in a journal	Let yourself cry

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B	I	N	G	O
Walk in the park	Dance	Take a shower	Go outside	Punch a punching bag
Listen to music	Write in a journal	Play with a pet	Exercise	Start a hobby or project
Phone Offline	Drink Water	SELF CARE	Night Drives	Ate Lunch
Muscle relaxation	Read for pleasure	Use positive self-talk	Let yourself cry	Talk to a friend
Play cards	Pray or meditate	Think about happy memories	Try something new	Loves Cooking

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B	I	N	G	O
Exercise	Read for pleasure	Dance	Pray or meditate	Drink Water
Use positive self-talk	Phone Offline	Play cards	Try something new	Play with a pet
Think about happy memories	Let yourself cry	SELF CARE	Talk to a friend	Muscle relaxation
Walk in the park	Start a hobby or project	Take a shower	Write in a journal	Listen to music
Night Drives	Ate Lunch	Punch a punching bag	Go outside	Loves Cooking

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