

B	I	N	G	O
Use foul language	Eat junk food	Laugh	Talk with Friends	Take Deep Breaths
Go to the gym	Use a Stress Ball	Talk to a friend	Give your self some quiet time	Talk to staff
Think positive thoughts	Watch a Funny Movie	FREE	Go for a walk/run	Read a Book
Repeat a positive affirmation	Tap into your religious belief	Sing or rap	Listen to music	Take a hot shower or warm bath
Let yourself have a good cry	Go outside	Talk to family	Watch a movie	Good Night Sleep

B	I	N	G	O
Watch a Funny Movie	Give your self some quiet time	Talk with Friends	Go to the gym	Talk to a friend
Laugh	Watch a movie	Take Deep Breaths	Go outside	Talk to staff
Repeat a positive affirmation	Go for a walk/run	FREE	Read a Book	Eat junk food
Listen to music	Talk to family	Use foul language	Good Night Sleep	Tap into your religious belief
Sing or rap	Take a hot shower or warm bath	Think positive thoughts	Use a Stress Ball	Let yourself have a good cry

B	I	N	G	O
Go outside	Talk to family	Give your self some quiet time	Take a hot shower or warm bath	Go for a walk/run
Use foul language	Repeat a positive affirmation	Sing or rap	Use a Stress Ball	Take Deep Breaths
Think positive thoughts	Good Night Sleep	FREE	Tap into your religious belief	Listen to music
Watch a Funny Movie	Talk to staff	Talk with Friends	Watch a movie	Laugh
Read a Book	Eat junk food	Talk to a friend	Go to the gym	Let yourself have a good cry