

B	I	N	G	O
Take long bath or shower	Clap hands hard	Gently snap rubber band across skin	Self-massage with coconut or almond oil	Play with pet
Draw paint or color	Take a cold shower	Practice meditation	Count backwards from 100	Rub ice cubes across the skin
Stomp feet	Talk with trusted friend family member or therapist	FREE	Do deep breathing while counting to 100	Join a support group
Journal feelings	Sprint or go for a run	Listen to music	Hit a pillow/cushion or other soft object	Practice grounding
Go for a walk	Do jumping jacks	Rip up paper	Visit with a friend	Draw on the skin with a red felt-tipped pen

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