B	I	N	G	O
Use a stress ball	Arts and Crafts	Let yourself cry	Take a time out	Punch a punching bag
Excerise	Try something new	Sew or crochet	Cooking	Take a shower
Think about happy memories	Use positive self-talk	**FREE**	Dance	Play cards
Play with a pet	Talk to a friend	Pray or meditate	Muscle relaxation	Read
Listen to music	Deep breathing	Start a hobby or project	Write in a journal	Go outside

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B	I	N	G	O
Use positive self-talk	Cooking	Take a time out	Excerise	Sew or crochet
Let yourself cry	Write in a journal	Punch a punching bag	Deep breathing	Take a shower
Play with a pet	Dance	**FREE**	Play cards	Arts and Crafts
Muscle relaxation	Start a hobby or project	Use a stress ball	Go outside	Talk to a friend
Pray or meditate	Read	Think about happy memories	Try something new	Listen to music

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B	I	N	G	O
Deep breathing	Start a hobby or project	Cooking	Read	Dance
Use a stress ball	Play with a pet	Pray or meditate	Try something new	Punch a punching bag
Think about happy memories	Go outside	**FREE**	Talk to a friend	Muscle relaxation
Use positive self-talk	Take a shower	Take a time out	Write in a journal	Let yourself cry
Play cards	Arts and Crafts	Sew or crochet	Excerise	Listen to music

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