

B	I	N	G	O
Use positive self-talk	Cook	Get some fresh air	Think about happy memories	Sing
Do some yoga	Use a stress ball	Take a walk	Dance	Talk to a friend
Try something new	Watch a funny movie	FREE	Deep breathing	Play cards
Play with a pet	Try some muscle relaxation	Read	Meditate	Start a hobby
Listen to music	Do arts and crafts	Take some deep breaths	Write in a journal	Exercise

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Watch a funny movie	Dance	Think about happy memories	Do some yoga	Take a walk
Get some fresh air	Write in a journal	Sing	Do arts and crafts	Talk to a friend
Play with a pet	Deep breathing	FREE	Play cards	Cook
Meditate	Take some deep breaths	Use positive self-talk	Exercise	Try some muscle relaxation
Read	Start a hobby	Try something new	Use a stress ball	Listen to music

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Do arts and crafts	Take some deep breaths	Dance	Start a hobby	Deep breathing
Use positive self-talk	Play with a pet	Read	Use a stress ball	Sing
Try something new	Exercise	FREE	Try some muscle relaxation	Meditate
Watch a funny movie	Talk to a friend	Think about happy memories	Write in a journal	Get some fresh air
Play cards	Cook	Take a walk	Do some yoga	Listen to music