

Stress Management BINGO

Talk with Friends	Avoid Caffiene/Alcohol/Nicotine	Healthy Diet	Sing	Play a Game
Enjoy Nature	Take a Warm Bath/Shower	Random Act of Kindness	Do Yoga/Meditate	Set a Goal
Take a Walk	Use a Stress Ball	FREE SPACE	Draw	Listen to Music
Make a "To-Do" List	Take 10 Deep Breaths	Paint	Laugh with a friend	Play a Sport
Journal	Drink Water	Read a Book	Watch a Funny Movie	Good Night Sleep

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Use a Stress Ball	Do Yoga/Meditate	Sing	Enjoy Nature	Random Act of Kindness
Healthy Diet	Watch a Funny Movie	Play a Game	Drink Water	Set a Goal
Make a "To-Do" List	Draw	FREE SPACE	Listen to Music	Avoid Caffeine/Alcohol/Nicotine
Laugh with a friend	Read a Book	Talk with Friends	Good Night Sleep	Take 10 Deep Breaths
Paint	Play a Sport	Take a Walk	Take a Warm Bath/Shower	Journal

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Drink Water	Read a Book	Do Yoga/Meditate	Play a Sport	Draw
Talk with Friends	Make a "To-Do" List	Paint	Take a Warm Bath/Shower	Play a Game
Take a Walk	Good Night Sleep	FREE SPACE	Take 10 Deep Breaths	Laugh with a friend
Use a Stress Ball	Set a Goal	Sing	Watch a Funny Movie	Healthy Diet
Listen to Music	Avoid Caffeine/Alcohol/Nicotine	Random Act of Kindness	Enjoy Nature	Journal