

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

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Let yourself cry	Think about happy memories	Play with a pet	Read	Take a shower
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Pray or Meditate	Try something new	Take a time out	Listen to music	Read