B	I	N	G	O
Watch a funny video on youtube	Chew a piece of gum	Eat Healthy	Stretch	Look at photos that make you smile
Disconnect from Technology	Visualize a safe comforting place	Pick some flowers	Count to 10 slowly and repeat	Sit in the sun
Try cooking a new dish	Write down 5 things you are greatful for	**FREE**	Cry	Have a tea
Hug a loved one	Take a hot shower or bath	Listen to nature sounds	Fresh Air	Meditate
Favorite Music	Diffuse essential oils	Read an inspirational quote	Write in your journal	Do something nice for someone else

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B	I	N	G	O
Write down 5 things you are greatful for	Count to 10 slowly and repeat	Stretch	Disconnect from Technology	Pick some flowers
Eat Healthy	Write in your journal	Look at photos that make you smile	Diffuse essential oils	Sit in the sun
Hug a loved one	Cry	**FREE**	Have a tea	Chew a piece of gum
Fresh Air	Read an inspirational quote	Watch a funny video on youtube	Do something nice for someone else	Take a hot shower or bath
Listen to nature sounds	Meditate	Try cooking a new dish	Visualize a safe comforting place	Favorite Music

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B	I	N	G	O
Diffuse essential oils	Read an inspirational quote	Count to 10 slowly and repeat	Meditate	Cry
Watch a funny video on youtube	Hug a loved one	Listen to nature sounds	Visualize a safe comforting place	Look at photos that make you smile
Try cooking a new dish	Do something nice for someone else	**FREE**	Take a hot shower or bath	Fresh Air
Write down 5 things you are greatful for	Sit in the sun	Stretch	Write in your journal	Eat Healthy
Have a tea	Chew a piece of gum	Pick some flowers	Disconnect from Technology	Favorite Music

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