B	I	N	G	O
Use a relaxation app	Arts and crafts	Go outside (fresh air)	Seeking professional help	Play with pets
Exercise	Take a walk	Reach out to supports	Cook a meal	Relaxation techniques (ex. deep breathing)
Take a shower/bath	Watch a movie	**FREE**	Drink tea	Look at pictures that bring you joy
Picture your happy place	Squeeze a stress ball	Play a game	Listen to music	Problem-solving techniques
List the things you feel grateful for	Engage in a hobby	Read a book	Write in a journal	Give yourself a pep talk

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Watch a movie	Cook a meal	Seeking professional help	Exercise	Reach out to supports
Go outside (fresh air)	Write in a journal	Play with pets	Engage in a hobby	Relaxation techniques (ex. deep breathing)
Picture your happy place	Drink tea	**FREE**	Look at pictures that bring you joy	Arts and crafts
Listen to music	Read a book	Use a relaxation app	Give yourself a pep talk	Squeeze a stress ball
Play a game	Problem-solving techniques	Take a shower/bath	Take a walk	List the things you feel grateful for

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Engage in a hobby	Read a book	Cook a meal	Problem-solving techniques	Drink tea
Use a relaxation app	Picture your happy place	Play a game	Take a walk	Play with pets
Take a shower/bath	Give yourself a pep talk	**FREE**	Squeeze a stress ball	Listen to music
Watch a movie	Relaxation techniques (ex. deep breathing)	Seeking professional help	Write in a journal	Go outside (fresh air)
Look at pictures that bring you joy	Arts and crafts	Reach out to supports	Exercise	List the things you feel grateful for

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved