

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

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

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Watch a movie	Picture your "happy place"	Play a game	Use a relaxation app	Play with pets
Take a walk	Give yourself a pep talk	FREE	Take a shower/bath	Listen to music
Write in a journal	Seek professional help	Squeeze a stress ball	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 are grateful for