

B	I	N	G	O
Use problem solving techniques	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	Watch a movie	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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Listen to music	Read a book	Use problem solving techniques	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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Take a walk	Give yourself a pep talk	FREE	Take a shower/bath	Listen to music
Watch a movie	Seek professional help	Squeeze a stress ball	Write in a journal	Go outside (fresh air)
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