

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

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

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