

B	I	N	G	O
stretch	Clean up around the house	Listen to music	look at old photos of good times	aromatherapy
Exercise	spend time with friends	buy yourself something nice	Do a word search	light a candle
put on smell good lotion	take a nap	FREE	Drink tea or a soothing beverage	Talk to a therapist
Use a stress ball	meditate	Yoga	Positive self talk	baking
Painting	Engage in Laughter	coloring	watch music videos	Have some "you" time

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Positive self talk	coloring	stretch	Have some "you" time	meditate
Yoga	baking	put on smell good lotion	spend time with friends	Painting

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