B	I	N	G	O
Think/share about happy memories	Attend support group	Exercise	Take a Walk	Play cards
Count to 10	Talk to friends	Read	Breathe fresh air	Stress ball
Take medications	Watch your favorite movie	**FREE**	Breathing Exercise	Listen to music
Make a craft	Take a nap	Play boardgames	Laugh	Positive thoughts
Journal	Clean	Sewing	Yoga	Draw

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B	I	N	G	O
Watch your favorite movie	Breathe fresh air	Take a Walk	Count to 10	Read
Exercise	Yoga	Play cards	Clean	Stress ball
Make a craft	Breathing Exercise	**FREE**	Listen to music	Attend support group
Laugh	Sewing	Think/share about happy memories	Draw	Take a nap
Play boardgames	Positive thoughts	Take medications	Talk to friends	Journal

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B	I	N	G	O
Clean	Sewing	Breathe fresh air	Positive thoughts	Breathing Exercise
Think/share about happy memories	Make a craft	Play boardgames	Talk to friends	Play cards
Take medications	Draw	**FREE**	Take a nap	Laugh
Watch your favorite movie	Stress ball	Take a Walk	Yoga	Exercise
Listen to music	Attend support group	Read	Count to 10	Journal

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