Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Take a time out	Read
Deep breathing	Use a stress ball	Start a hobby or project	Ask for help	Take a shower
Try something new	Cooking	**FREE**	Sleep	Play with a pet
Pray or meditate	Talk to a friend	Procrastinate	Stress-eat	Think about happy memories
Play cards	Muscle relaxation	Sew or crochet	Criticize yourself	Dance

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Coping Skills Bingo

Sleep	Read	Cooking	Try something new	Criticize yourself
Take a time out	Play with a pet	Pray or meditate	Use a stress ball	Ask for help
Worry	Sew or crochet	**FREE**	Deep breathing	Listen to music
Stress-eat	Take a shower	Start a hobby or project	Talk to a friend	Dance
Arts and Crafts	Use positive self-talk	Write in a journal	Get angry or frustrate	Muscle relaxation

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Coping Skills Bingo

Sleep	Deep breathing	Stress-eat	Get angry or frustrate	Ask for help
Arts and Crafts	Write in a journal	Worry	Dance	Use a stress ball
Drink water	Talk to a friend	**FREE**	Procrastinate	Take a shower
Sew or crochet	Pray or meditate	Play with a pet	Cooking	Think about happy memories
Criticize yourself	Try something new	Read	Listen to music	Start a hobby or project

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