B	I	N	G	O
Use positive self talk	Arts and Crafts	Exercise	Take a time out	Pray or meditate
Dance	Use a Stress Ball	Read	Baking	Take a shower
Try something new	Watching tv or movie	**FREE**	Baking	Let yourself cry
Listen to music	Talk it out	Play with Pet	Grounding techniques	Punch a punching bag
Go Outside	Cooking	Start a hobby or project	Write in Journal	Deep Breathing

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B	I	N	G	O
Watching tv or movie	Baking	Take a time out	Dance	Read
Exercise	Write in Journal	Pray or meditate	Cooking	Take a shower
Listen to music	Baking	**FREE**	Let yourself cry	Arts and Crafts
Grounding techniques	Start a hobby or project	Use positive self talk	Deep Breathing	Talk it out
Play with Pet	Punch a punching bag	Try something new	Use a Stress Ball	Go Outside

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B	I	N	G	O
Cooking	Start a hobby or project	Baking	Punch a punching bag	Baking
Use positive self talk	Listen to music	Play with Pet	Use a Stress Ball	Pray or meditate
Try something new	Deep Breathing	**FREE**	Talk it out	Grounding techniques
Watching tv or movie	Take a shower	Take a time out	Write in Journal	Exercise
Let yourself cry	Arts and Crafts	Read	Dance	Go Outside

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