

B	I	N	G	O
Play cards	Talk to a friend	Cooking	Think about loved ones	Think about happy memories
Talk to staff	Sewing	Painting	Count to 10	Take a time out
Drawing	Deep breathing	FREE	Write in a journal	Arts and Crafts
Watch TV	Go outside	Listen to music	Visit your family	Watch a movie
Take a walk	Dance	Help a friend	Read	Exercise

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