

BINGO

STRESS

SPENT TIME
OUTSIDE/IN
NATURE

ASKED FOR
HELP WITH
SOMETHING

SAID "NO" TO
SOMETHING

TEXTED OR
CALLED A
FAMILY
MEMBER/
FRIEND

LAUGHED
TODAY

DID
SOMETHING
FUN

DID
SOMETHING
FOR YOU/HAD
"ME" TIME

PRACTICED
MEDITATION/
DEEP
BREATHING

WENT FOR A
WALK/
EXERCISED

DISCONNECT
FROM SOCIAL
MEDIA FOR A
DAY

MADE A PLAN
TO HANDLE
STRESS

SPENT TIME
WITH A PET



SPENT TIME
OUTSIDE/IN
NATURE

DID
SOMETHING
FOR YOU/HAD
"ME" TIME

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