



# Coping Mechanism Bingo

REFLECT ON WHAT YOU HAVE CONTROL OF IN THIS MOMENT	AFFIRM YOURSELF (THROUGH WRITING OR VERBAL AFFIRMATIONS)	JOURNAL	CHANNEL AND FOCUS BREATHING	DOODLE OR DRAW
MEDITATE	MAKE YOURSELF A MEAL OR A SNACK	LISTEN TO YOUR BODY	TALK TO SOMEONE ABOUT HOW YOU FEEL	ASK FOR HELP
TAKE A BREAK TO SIT IN STILLNESS	GO FOR A WALK	<i>Free</i>	UNPLUG OR TAKE A SOCIAL MEDIA BREAK	GET A GLASS OF WATER
SET A TIMER TO SIT WITH HOW YOU'RE FEELING. ONCE THE TIMER GOES OFF, TRANSITION INTO A DIFFERENT ACTIVITY	MASSAGE YOUR TEMPLES	ACKNOWLEDGE AND RELEASE NEGATIVE THOUGHTS	READ A SHORT STORY, POEM, OR ARTICLE THAT BRINGS YOU PEACE	GET SOME FRESH AIR
STRETCH	SPEND A FEW MOMENTS IN NATURE	PRACTICE BREATHING EXERCISES	ORGANIZE YOUR SPACE	LISTEN TO CALMING MUSIC

