



Eunie's **BUDDIES**.

COPING SKILLS

B I N G O

Throughout the day, whenever you have a moment, try to engage in one of the coping skills listed on your bingo card. Try to finish one line this week.

Take a walk	Take a cold shower or splash some water on your face	Exercise or do a physical activity	Have a glass of water	Draw or paint something
Journal or write down what you're feeling or thinking	Deep breathing	Do something creative	Stop and think Don't rush to do anything	Call a friend
Body scan	Go to bed early	Listen to some music	Laugh or watch something funny	Use a toy or fidget to release tension
Try positive self-talk	Do something you enjoy independently Market, cafe, movies, etc	Count down from 10	Read	Do some stretching
Complete a random act of kindness for yourself or others	Listen to music you love	Take 10 deep breaths	Have something to eat	Try to check in with your body today

