



STRESS MANAGEMENT BINGO



Any time you are feeling stressed, try some of your own stress management tips. Add some of your own strategies in the blank squares below.

These strategies can help you take a break from stress and feel better.

Tried deep breathing meditation.			Asked for help with a problem.	Chose a healthy snack instead of junk food.
	Spent 30 minutes a day learning something new.			Talked to someone about something that was bothering me.
Did my favourite hobby.			Brainstormed ways to solve a problem.	
	Said no to someone so I could have time to myself.	Slept and rested for 8 hours.		Said a positive affirmation to myself when I was stressed.