

## Stress Management Bingo

During the week, try these stress management tips. They can help you to take a break from your stress, help you stay organized and solve your problems, and also help you to feel better.

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Slept/rested  
for 9 hours.

Did homework  
as soon as I  
got home.

Made a list of  
things I needed  
to do.

Found  
something that  
made me laugh  
when I was  
upset.

Listened to  
some music when  
I felt stressed.

Exercised for  
30 minutes  
three times in  
one week.

Talked to  
someone about  
something that  
was bothering  
me.

Wanted to  
procrastinate, but  
did something  
important  
instead.

Asked for help  
with a problem.

Tried deep  
breathing,  
meditation.

Chose a healthy  
snack instead of  
junk food.

Spent 30 minutes  
or more relaxing  
outside or with  
an animal.

Watched  
my favourite TV/  
Netflix show!

Stretched my  
muscles or  
did yoga.

Read a book  
or comic for  
30 minutes  
or more.

Wrote in a journal  
about my day.

Did my favourite  
hobby.

Started with  
the hardest  
task first.

Made a schedule  
(including  
relaxation time).

Brainstormed  
ways to solve a  
problem.

Spent 30  
minutes learning  
something new.

Said a positive  
affirmation to  
myself when I  
was stressed.

Said "no" to an  
optional request  
so I could have  
time for myself.

Did something  
creative.

Spent time with a  
friend/loved one.