

RELAXATION BINGO

Find someone here who participates in these activities regularly as a means of relaxation. Ask them to sign their names in the appropriate boxes. See if you can find a different person for each activity. Fill in the center square with - your - favorite relaxation activity.

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| Keeps a diary journal, or dream book | Ride a bike or motorcycle for pleasure | Use a hot-tub hot springs or sauna | Time in the woods, mountains, desert or beach | Plays a musical instrument or sings |
| Play with young pets or children | Run, jog or long walks | Works in the yard or garden | Takes naps or sunbaths | Practices a martial art |
| Use leisure time in park | Eats natural healthy foods | YOUR FAVORITE HERE | Meditates regularly | Does breathing exercises |
| Listens to quiet music | Enjoys an aerobic sport | Enjoys a craft or manual hobby | Goes hiking or camping | Enjoys a snow or water sport |
| Practices yoga | Give / get a massage | Read a lot for pleasure | Attends theatre, concerts, shows | Practice dancing or gymnastics |

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**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
 YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**