

# Anxiety Bingo

Overcoming anxiety isn't just about taking proactive steps; it's also about recognizing the moments when you've done something - big or small - to manage it.

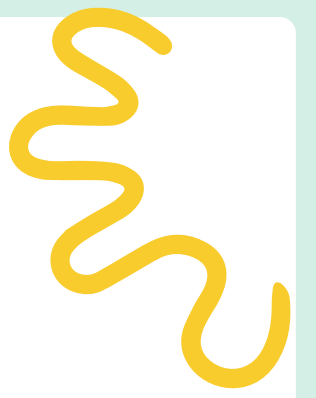
This "bingo" sheet is designed to help you reflect on and celebrate the ways you've taken care of yourself, even when life feels overwhelming.

Each square represents an action you might have already done, like taking a deep breath, talking to a loved one, or simply stepping outside for fresh air. By ticking off these moments, you'll see just how much you've already accomplished, reminding yourself of your resilience and strength.







There's no pressure to "complete" the board - it's about honouring the journey, not perfection. Use this as a tool to reflect, acknowledge your progress, and inspire more moments of self-care in the future.

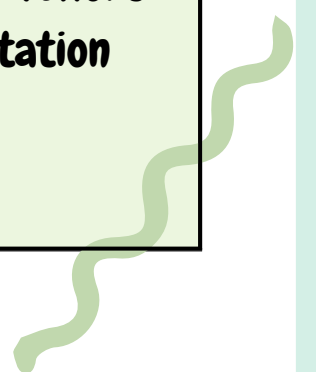
There's also a blank sheet at the end, so you can add your own.

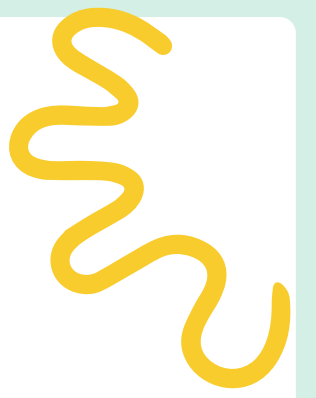
Let's celebrate all the ways you've managed anxiety! 🌟



# Anxiety Bingo

 Took 5 deep breaths	 Went for a walk outdoors	 Read a book for 10 minutes	 Took 5 deep breaths	 Went for a walk outdoors
 Practiced mindfulness	 Talked to a friend or loved one	 Listened to calming music	 Practiced mindfulness	 Talked to a friend or loved one
 Journalled your thoughts	 Drank water and stayed hydrated	 Did 5 minutes of stretching	 Journalled your thoughts	 Drank water and stayed hydrated
 Set a small goal and completed it	 Limited caffeine for the day	 Slept 7-8 hours	 Set a small goal and completed it	 Limited caffeine for the day
 Enjoyed a relaxing hobby	 Did a short meditation	 Colored or drew for relaxation	 Enjoyed a relaxing hobby	 Did a short meditation





# Anxiety Bingo

Light Green	Light Purple	Light Orange	Light Green	Yellow
Light Blue	Yellow	Light Blue	Light Red	Light Purple
Light Purple	Light Green	Yellow	Light Blue	Light Orange
Light Red	Light Blue	Light Green	Yellow	Light Purple
Light Green	Light Purple	Yellow	Light Orange	Light Green

