



Healthy Distractions

Sometimes it's a good idea to distract yourself from negative thoughts by doing something positive. Try this BINGO game! Can you get a blackout and do all 24 activities?

Social Distancing

B I N G O

 cook a meal	talk to a pet or inanimate object	 laundry day	bird watch from your front or back porch	 sing a song out loud
organize your closet or other space	 make a craft	call a friend or relative	 clean something	 bake cookies
 write a letter	 exercise	FREE SPACE 	 learn to draw	take a ten minute break from Facebook
strike a fashion show pose	 watch a movie	order takeout; tip above 20%	 do a puzzle	 walk around your block
 Pajamas all day	Look in the mirror; tell yourself "I AM OK"	 read a book	learn a new language online	 plant a garden

Other Healthy Distractions

- Put together a puzzle
- Watch a movie that makes you laugh
- Listen to music
- Draw or color something
- Watch a YouTube video
- Meditate
- Read a book
- Write a letter
- Listen to nature
- Dance

Please know that you are not alone. It is normal to feel these things during uncertain times.

Visit our website for more tips on stress relief: www.Health.Solutions

Health Solutions Support Systems Available in Pueblo

Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phone lines are open 24/7/365.

VISIT

Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

CALL

Health Solutions
Crisis Services
719.545.2746



STATE HOTLINE

Colorado Crisis Services
1.844.493.8255

OR TEXT

Colorado Crisis Services,
text TALK to 38255