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

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<tbody>
<tr>
<td>cook a meal</td>
<td>talk to a pet or inanimate object</td>
<td>bird watch from your front or back porch</td>
<td>sing a song out loud</td>
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<tr>
<td>organize your closet or other space</td>
<td>make a craft</td>
<td>clean something</td>
<td>bake cookies</td>
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<tr>
<td>Write a letter</td>
<td>exercise</td>
<td>learn to draw</td>
<td>take a ten minute break from Facebook</td>
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<td>strike a fashion show pose</td>
<td>Watch a movie</td>
<td>order takeout; tip above 20%</td>
<td>do a puzzle</td>
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<tr>
<td>Look in the mirror; tell yourself &quot;I AM OK&quot;</td>
<td>read a book</td>
<td>learn a new language online</td>
<td>plant a garden</td>
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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 phones 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

Flyer prepared by Courtney Woodka, Health Solutions Marketing Coordinator 4/17/2020