

Not Gon' Cry

Bingo

Wake up early	Breathe deeply	Move Your Body	Speak honestly with friends	Have a cry
Find a lesson	Listen wholeheartedly	Set a daily intention	Forgive yourself	Love purposefully
Have a cry	Listen to music	insert single mom logo here	Write your feelings	Take a break from technology
Unfollow your ex on social media	Identify your feelings	Pause before acting on emotions	Get a good night's sleep	Affirm yourself in the mirror
Have a cry	Take time each day to reflect	Notice your thoughts	Pray	Talk about a lesson you learned with a friend