

B	I	N	G	O
TRAUMATIC EVENTS	ACCUPUNCTURE	GUIDED IMAGERY	PROGRESSIVE MUSCLE RELAXATION	MUSCLE TENSION
FEAR	SSRIs	PALPITATIONS	BENZODIAZEPINES	PHYSICAL SYMPTOM S
SEVERE ANXIETY	WORRYING	IT'S A FREE SPACE Y'ALL	COGNITIVE AND BEHAVIORAL THERAPY	MEDITATION
MILD ANXIETY	SAFETY FIRST	MULTIPLE STRESSORS	INSOMINA	MUSIC THERAPY
IDENTIFY TRIGGERS	COLORING	PANIC/PANIC ATTACKS	YOGA	GENETIC FACTORS

B	I	N	G	O
WORRYING	BENZODIAZEPINES	PROGRESSIVE MUSCLE RELAXATION	FEAR	PALPITATIONS
GUIDED IMAGERY	YOGA	MUSCLE TENSION	COLORING	PHYSICAL SYMPTOM S
MILD ANXIETY	COGNITIVE AND BEHAVIORAL THERAPY	IT'S A FREE SPACE Y'ALL	MEDITATION	ACCUPUNCTURE
INSOMINA	PANIC/PANIC ATTACKS	TRAUMATIC EVENTS	GENETIC FACTORS	SAFETY FIRST
MULTIPLE STRESSORS	MUSIC THERAPY	SEVERE ANXIETY	SSRIs	IDENTIFY TRIGGERS

B	I	N	G	O
COLORING	PANIC/PANIC ATTACKS	BENZODIAZEPINES	MUSIC THERAPY	COGNITIVE AND BEHAVIORAL THERAPY
TRAUMATIC EVENTS	MILD ANXIETY	MULTIPLE STRESSORS	SSRIs	MUSCLE TENSION
SEVERE ANXIETY	GENETIC FACTORS	IT'S A FREE SPACE Y'ALL	SAFETY FIRST	INSOMINA
WORRYING	PHYSICAL SYMPTOM S	PROGRESSIVE MUSCLE RELAXATION	YOGA	GUIDED IMAGERY
MEDITATION	ACCUPUNCTURE	PALPITATIONS	FEAR	IDENTIFY TRIGGERS