

B	I	N	G	O
Stress	Anorexia Nervosa	Do some deep breathing	Resilience	Neurologist
Cutting	Spend some time alone	PTS disorder	Avoid alcohol and drugs	Practice a hobby
Social Worker	Stress	FREE	Call someone you love	Learned Emotions
Master a new skill	Schizophrenia	Modeling	Get a good nights sleep	Optimism
Emotion	Compliment yourself	Pessimism	Take a word break	Depression

B	I	N	G	O
Stress	Avoid alcohol and drugs	Resilience	Cutting	PTS disorder
Do some deep breathing	Take a word break	Neurologist	Compliment yourself	Practice a hobby
Master a new skill	Call someone you love	FREE	Learned Emotions	Anorexia Nervosa
Get a good nights sleep	Pessimism	Stress	Depression	Schizophrenia
Modeling	Optimism	Social Worker	Spend some time alone	Emotion

B	I	N	G	O
Compliment yourself	Pessimism	Avoid alcohol and drugs	Optimism	Call someone you love
Stress	Master a new skill	Modeling	Spend some time alone	Neurologist
Social Worker	Depression	FREE	Schizophrenia	Get a good nights sleep
Stress	Practice a hobby	Resilience	Take a word break	Do some deep breathing
Learned Emotions	Anorexia Nervosa	PTS disorder	Cutting	Emotion