B	I	N	G	O
Watch a Comedy	Anger Management	Altered Mood	Disrupted Sleep	Restlessness
Lack of Sleep	Commuting	Time and Money Management	Music	Anxiety
Relaxation Breathing	Take a Bubble Bath	Strels Management	Boredom	Meditation
Guided Imagery	Communication	Headaches	Self-Care	Impatience
Realistic Expectations	Short Temper	Fatigue	Family Demands	Loss of Sense of Humor

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B	I	N	G	O
Headaches	Exercise	Boredom	Commuication	Medication
Lack of Sleep	Jumping to Conclusions	Appointments	Take a Bubble Bath	Clenched Teeth
Restlessness	Guided Imagery	Strels Management	Time and Money Management	Anxiety
Withdrawal	Take a Walk	Meditation	Loss of Sense of Humor	Illness
Commuting	Disrupted Sleep	Proper Nutrition	Self Criticism	Relaxation Breathing

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B	I	N	G	O
Music	Self-Care	Boredom	Commuication	Proper Nutrition
Lack of Sleep	Commuting	Realistic Expectations	Loss of Sense of Humor	Medication
Anger Management	Guided Imagery	Strels Management	Altered Mood	Jumping to Conclusions
Unrealistic Expectations	Clenched Teeth	Worries	Work Stress	Appointments
Restlessness	Meditation	Deadlines	Withdrawal	Anxiety

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