

B	I	N	G	O
WITHDRAWAL	ALCOHOL	FEAR	PROGRESSIVE MUSCLE RELAXATION	NERVOUS
DEPRESSION	TRAUMA	PHYSICAL SYMPTOM S	ANGER	THERAPY
WORRYING	ANXIETY	IT'S A FREE SPACE Y'ALL	PERFECTIONISM	MEDICATION
COLOURING	MEDITATION	SLEEP	MINDFULNESS	POSITIVE AFFIRMATIONS
STRES S	JOURNALLING	INSOMNIA	PANIC/PANIC ATTACKS	COGNITIVE BEHAVIORAL THERAPY

B	I	N	G	O
PERFECTIONISM	NERVOUS	ANXIETY	THERAPY	COGNITIVE BEHAVIORAL THERAPY
SLEEP	MEDICATION	MEDITATION	TRAUMA	ANGER
WORRYING	PROGRESSIVE MUSCLE RELAXATION	IT'S A FREE SPACE Y'ALL	PANIC/PANIC ATTACKS	DEPRESSION
FEAR	PHYSICAL SYMPTOM S	STRES S	COLOURING	POSITIVE AFFIRMATIONS
ALCOHOL	WITHDRAWAL	YOGA	EXPOSURE THERAPY	INSOMNIA

B	I	N	G	O
PERFECTIONISM	DEPRESSION	POSITIVE AFFIRMATIONS	EXPOSURE THERAPY	ANGER
ALCOHOL	YOGA	FEAR	WORRYING	COLOURING
TRAUMA	STRESS	IT'S A FREE SPACE Y'ALL	MINDFULNESS	PROGRESSIVE MUSCLE RELAXATION
COGNITIVE BEHAVIORAL THERAPY	PANIC/PANIC ATTACKS	MEDITATION	MEDICATION	ANXIETY
THERAPY	NERVOUS	INSOMNIA	PHYSICAL SYMPTOMS	WITHDRAWAL