B	I	N	G	O
TALK TO SOMEONE	AVOID DRUGS	EAT HEALTHY	SING	IDENTIFY YOUR STRENGTHS
COUNT YOUR BLESSINGS	TALK IT OUT	LISTEN	AVOID SODA	MEDITATE
TAKE A WALK	THINK ABOUT WHAT YOU WANT	**FREE**	BELIEVE IN YOURSELF	GET INVOLVED WITH SOMETHING YOU LIKE TO DO
GIVE YOURSELF TIME FOR YOURSELF	SOCIAL INTERACTION	GOOD SUPPORT SYSTEM	GET ENOUGH REST	LAUGHTER
EXERCISE	BREATHE	MEDICATION	VOLUNTEER	DEAL WITH STRESS

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B	I	N	G	O
THINK ABOUT WHAT YOU WANT	AVOID SODA	SING	COUNT YOUR BLESSINGS	LISTEN
EAT HEALTHY	VOLUNTEER	IDENTIFY YOUR STRENGTHS	BREATHE	MEDITATE
GIVE YOURSELF TIME FOR YOURSELF	BELIEVE IN YOURSELF	**FREE**	GET INVOLVED WITH SOMETHING YOU LIKE TO DO	AVOID DRUGS
GET ENOUGH REST	MEDICATION	TALK TO SOMEONE	DEAL WITH STRESS	SOCIAL INTERACTION
GOOD SUPPORT SYSTEM	LAUGHTER	TAKE A WALK	TALK IT OUT	EXERCISE

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B	I	N	G	O
BREATHE	MEDICATION	AVOID SODA	LAUGHTER	BELIEVE IN YOURSELF
TALK TO SOMEONE	GIVE YOURSELF TIME FOR YOURSELF	GOOD SUPPORT SYSTEM	TALK IT OUT	IDENTIFY YOUR STRENGTHS
TAKE A WALK	DEAL WITH STRESS	**FREE**	SOCIAL INTERACTION	GET ENOUGH REST
THINK ABOUT WHAT YOU WANT	MEDITATE	SING	VOLUNTEER	EAT HEALTHY
GET INVOLVED WITH SOMETHING YOU LIKE TO DO	AVOID DRUGS	LISTEN	COUNT YOUR BLESSINGS	EXERCISE

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