

B	I	N	G	O
Sleep	Aches and Pains	Diet	Muscle Aches	Insomnia
Carpal Tunnel Syndrome	Phantom Pains	Migraines	Acupuncture	Persistent Pain
Acute Pain	Fibromyalgia	FREE	Genetics	Past Injury
Inflammation	Mood swings	Exercise	Joint Pain	Disability
Anxiety	Arthritis	Medication	Co-occurring	Mindfulness

B	I	N	G	O
Surgery	Nerve Pain	Mood swings	Migraines	Past Injury
Anxiety	Arthritis	Mindfulness	Joint Pain	Carpal Tunnel Syndrome
Medication	Acupuncture	FREE	Fibromyalgia	Aches and Pains
Insomnia	Sleep	Tissue Damage	Co-occurring	Acute Pain
Muscle Aches	Depression	Genetics	Diet	Exercise

B	I	N	G	O
Medication	Carpal Tunnel Syndrome	Mood swings	Mindfulness	Depression
Acupuncture	Tissue Damage	Diet	Surgery	Self-care
Co-occurring	Past Injury	FREE	Inflammation	Muscle Aches
Aches and Pains	Arthritis	Joint Pain	Genetics	Fatigue
Sleep	Acute Pain	Persistent Pain	Anxiety	Phantom Pains