

B	I	N	G	O
Be patient	Imagery	Napping	Growth mindset	Own it
Bubble bath	Inventory	Navigate stress	Good deeds	Open up
Breathing exercises	Ice pack	FREE	Gratefulness	Ongoing practice
Breaks	Innovate	New hobbies	Gratitude	Outlet for feelings
Budgeting	Invite friends	Notice feelings	Gentle yoga	Outreach

B	I	N	G	O
Be mindful	Increase awareness	Navigate stress	Group support	Objectives
Be creative	Inner peace	Nourish body	Goals	Open up
Bubble bath	Inspiration	FREE	Gratefulness	Own it
Brainstorming	Instant relaxation	Napping	Genuine connections	Outreach
Breathing exercises	Innovate	Notice feelings	Games	Organize

B	I	N	G	O
Brainstorming	Involve hobbies	Navigate stress	Group support	Open communication
Balance	Isolation break	Neutral thinking	Grin and laugh	Open-minded
Be mindful	Innovate	FREE	Gym	Organize
Boundaries	Inventory	Notice feelings	Games	Observe
Breathing exercises	Invite friends	Nutrition	Genuine connections	Overjoyed