B	I	N	G	O
Bipolar	Inspiration	Nurture	Goals	Open-minded
Buddies	Inner peace	Normalize	Good habits	Observe
Breathing exercises	Introspection	**FREE**	Gardening	Overcome obstacles
Balance	Intervention	Nourishment	Growth	Own it
Be patient	Improve	Narrative therapy	Group therapy	Observe thoughts

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B	I	N	G	O
Behavioral therapy	Identity	Normalize	Genuine	Organization
Be mindful	Inhale	Nature walk	Grounding	Observe
Buddies	Insight	**FREE**	Gardening	Open-minded
Books	Imagery	Nurture	Growth mindset	Observe thoughts
Breathing exercises	Intervention	Narrative therapy	Gratitude journal	Optimism

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B	I	N	G	O
Books	Involvement	Normalize	Genuine	Overcome
Brainstorm	Inner strength	Nurturing	Goals setting	Objectivity
Behavioral therapy	Intervention	**FREE**	Guided meditation	Optimism
Boundaries	Inner peace	Narrative therapy	Gratitude journal	Open up
Breathing exercises	Improve	New beginnings	Growth mindset	One step at a time

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